

50 Examples...

Turning Common Negative Thoughts Into Positive Ones...

1

I can't do this...



I **CAN** do this because I've done things similar to this before.

2

I **always** make mistakes...



I do many things well.

3

I'm bad at math/reading/writing/science, etc...



I'm good at some subjects, but other subjects are more challenging for me.

4

I'm **NEVER** going to finish this...



I've finished tasks like this before.

5

I don't understand this...I've never done this before...



It's an opportunity to learn something new.

6

My sister/brother is better at this than I am...



Everybody has different strengths & weaknesses...I'm better than my sister/brother at other things

7

It's too **complicated...**



I'll tackle it from a different angle.

8

I don't have the resources/notes/supplies, etc...



I can figure out a creative way to get this done.

9

I'm too busy to get this done...



I can make a schedule to get this done on time

10

The other kids will laugh at what I wrote in this essay/poem/story...



My friends probably feel just as weird & uncomfortable with this assignment as I do.

11

There's **NO WAY** to solve this math problem...



I can try to make it work using a different strategy.

12

My brain **JUST CAN'T THINK** straight!



I can take a break and figure this out with a fresh perspective.

13

I'm too tired to think...



I'll give myself a few breaks so that I have enough energy to finish.

14

I don't know if my teacher will like this...



It's ok to take a chance.

15

I didn't understand how the teacher explained it in class...



I'll tackle it from a different angle.

16

If I ask my teacher/parent/friend for help on this, they'll think I'm dumb...



I never think people are dumb for asking for help, so why would people think that about me?

17

This homework is so **BORING!!**



This might be boring, but I will finish it soon.

18

This ALWAYS looks easy in class, but when I get home it's much harder...



If I keep trying, I'll eventually figure it out.

19

But I **DON'T LIKE** doing this...



The faster I get this done, the faster I can go do something that I like.

20

I get so tired of having to do this **EVERY DAY...**



I do lots of the same tasks every day & I can get through this one too.

21

I just **KEEP** messing up on this...



If I slow down or take a break, I'll feel better & complete this task.

22

I **NEVER** do things right...



It's hard to get things right on the first try, but after some practice, things get easier

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The other kids don't like me...



They'll like me as soon as they get to know me.

32

The other kids will **LAUGH** at me...



Once I get to know the other kids then we'll find things to laugh at together.

33

I won't know anyone there...



I'll know people as soon as I introduce myself .

34

My friend doesn't like me anymore...



Maybe my friend is having a bad day. I'm sure we'll be friends tomorrow.

35

The other kids think I'm **WEIRD**...



Everyone is different and the other kids don't know me well enough yet.

36

These **FRIENDS** aren't like my old friends...



In time I'll find out things that I like about these new friends.

37

He/She won't ask me to their party...



It's ok if I don't get invited to this party. I'll be invited to other parties.

38

I never know what to say to the other kids...



I just need to be myself and the kids will like me.

39

No one would want to be **FRIENDS** with me...



Once they get to know me, I'll find a good friend.

40

My brother/sister has more friends than me...



It doesn't matter how many friends I have as long as I have good friends.

41

No one **NOTICES** me around here...



I'm a valuable family member.

42

I'm afraid I'll get **SICK** when I get there...



When I get there, I'll be having so much fun that I'll forget about being sick.

43

Mom/Dad likes Brother/Sister better...



Everyone is different and my parents love both of us equally.

44

Something bad will happen if I'm not at **HOME**...



Things have been fine in the past and they'll be fine now too.

45

Brother/sister always gets what he/she wants, but I never do...



It's easy to focus on what y brother/sister gets and forget what I get.

46

I don't like the way I look. I wish I looked Like someone famous...



Even famous people don't look glamorous all the time.

47

People will make fun of me because of my **WEIRD** nose...



The imperfect things about me makes me unique and fun.

48

I can't make baskets in basketball in PE like the other kids...



As long as I'm having fun playing the game, that's all that counts.

49

I won't get picked to be in the school play, so **WHY TRY?**



It's fun to just try out - I won't know what opportunity will come up if I don't put myself out there.

50

I'm not good at anything...



It's fun to just try new things out.