

# Stomp out Negative Thinking!

How we talk inside of our own heads is something that can help or it can hinder. Negative self talk is destructive. In order to have a positive outlook, our mind needs to think in a positive way. By changing our own thinking, we can eliminate unnecessary worry and anxiety. Remember, negative thoughts are NOT facts.

## Task:

For each of the negative self-talk statements below, restate them in a positive way. See the example:

I am no good at this, that's why I hate it!

### Re-stated positively:

I am just learning this. It's new for me. I know with more time and experience, I'll get better at it.

1. I will never get this right.
2. Nobody will like me at my new school.
3. I hate the way I look.
4. My friends think I'm stupid.
5. I'm stupid, I always make mistakes.