

# CHANGING NEGATIVE THINKING

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## Directions:

Read each of the following statements, then write a more positive statement to replace the negative thought.

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

1) If I can't do something right the first time, then I will never be any good at it.

\_\_\_\_\_

2) If I misbehave, then I am a bad person.

\_\_\_\_\_

3) I don't make friends easily, so nobody likes me.

\_\_\_\_\_

4) I failed a test, so I must be dumb.

\_\_\_\_\_

5) I can't do anything right.

\_\_\_\_\_

6) My mom must hate me because she yelled at me.

\_\_\_\_\_

7) If I'm only going to mess something up, then I shouldn't even start it.

\_\_\_\_\_

8) I can't take it when people laugh at me.

\_\_\_\_\_

9) I am bad at sports, so I shouldn't even try.

\_\_\_\_\_

10) I can't stand it when I make a mistake.

\_\_\_\_\_

11) Everyone plays games better than me, so I shouldn't even ask to join in.

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12) I didn't finish my work on time. I must be no good.

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13) My teacher didn't call on me. She must think I can't answer the question.

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14) My friend didn't invite me to sit at her lunch table. She must not like me anymore.

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15) I dress different from the other kids. I must look dumb.

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16) I always do the wrong thing.

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17) I have to be perfect or no one will like me.

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18) If I don't know an answer when the teacher calls on me, I am dumb.

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19) If I get interrupted it's because no one listens to me.

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20) I won't be able to stand it if my friends play a game without me.

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