

# Choosing Positive Thinking

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The way you think about things has a big effect on your mood. Research has shown that positive optimistic thinking can keep people from depressed and also contributes to work and school success.

## Positive Thinking vs. Negative Thinking

Even when you can't change a situation you don't like, you can still choose to see it in a better light. Here are some examples of positive thinking vs. negative thinking.

### Negative Thoughts

"I won an award but I don't deserve it. Now I'll be under pressure to live up to it."

"I can't go to that park anymore. It has too many bad memories for me."

"I'll hate going to that store, but it's the only place I can buy what I want."

### Positive Thoughts

"I won the award. If I was chosen for it, I must deserve it."

"I can't avoid the park forever. I will just have to create new, positive memories there."

"I'm finally going to buy I've been wanting. I don't like that store, but I won't be there long."

## Directions

For each situation below, write a positive statement that could make you feel happy about it, then write a negative statement that could make you feel depressed about it.

1) Starting at a new school

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2) Being very tall or very short

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3) Going to a party where you don't know many people

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4) Getting a new pet

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5) Being elected president of your class

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6) Getting a day off from school due to bad weather

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6) Being called on to speak in front of the class

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7) Taking a difficult test

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8) Being an only child

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9) Being last in line for a new movie

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10) The last weekend of summer vacation

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