**Turn a negative into a positive**

Often, we think negatively about a situation or an event that has happened or is about to happen. **When we think negatively, we are likely to carry on thinking negatively, which helps to make the thought more powerful. When this happens, it is really difficult to find positive thoughts.** This can lead to a one-sided view of a situation or event, which is often not a true judgement.

Please complete the table below, attempting to change any negative thoughts you may have, into positive thoughts. I have done one example for you, which relates to our current situation, whilst we are socially distancing – however, you can write about any negative thought that pops into your head.

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| **Negative thoughts** | **Positive thoughts** |
| I am worried about what is going on the in world at the moment - being stuck indoors makes it worse. | I am lucky to be safe and healthy, whilst inside my home.  |
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