



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.

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