# Turning Negative Thoughts into Positive Thoughts

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 so you can see how you can change negative thoughts into positive thoughts.

| Negative Thoughts | Positive Thoughts |
|---|---|
| My friends don't like me anymore because I can't go to the party on Saturday night. | |
| I am not good at maths because I only got 16 out of 20 correct in my test. | |
| I don't want to move house as I won't make any new friends and I will be lonely. | |
| My new school won't be as good as my current school. | |

# Turning Negative Thoughts into Positive Thoughts

Now you have completed those examples, complete the table below with your own negative and positive thoughts.

Think what positives you can see from the situation and how you can think more positively.

The more positives you can find, the more positive you will think, as the negative thoughts will be reduced and the situation will appear more balanced.

| Negative Thoughts | Positive Thoughts |
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