TALKING BACK ON NEGATIVE THOUGHTS

If you recall the positive changes lessons from booster 6, we are continuing and reinforcing those concepts.

We all have positive and negative thoughts that appear in our minds at different times.

- Positive thoughts are good thoughts that tend to make us feel better and have hope for the future.
- Negative thoughts are bad thoughts that cause use to lose hope and feel worse about our own efforts.

You want to avoid negative thoughts as much as possible because they encourage us to become unnecessarily angry with ourselves.

Learning to deal with negative thoughts in a proper, healthy way avoids spiraling downward into unhealthy habits that are detrimental.

POSITIVE THINKING IS POWERFUL!

Talking Back on Negative Thoughts:

1. Catch yourself when you are being negative about yourself.
2. Immediately stop. Say "**STOP**" out loud & picture a red stop sign.
3. Think of a positive thought to combat the negative one.

Examples:

- I'm not as good as Anthony at basketball. → I can practice more often to be better than I was yesterday.
- I keep getting my math homework wrong because I'm dumb. → I will attend extra tutor sessions to better understand math.
- I make too many mistakes → Mistakes are meant to be made so I can learn from them & do better.

Practice using this table. Write down a negative thought you've had lately and follow it with a positive thought.

Negative Thought	STOP	Positive Thought
	STOP	
	STOP	
	STOP	
	STOP	

Negative Thought	STOP	Positive Thought
	STOP	
	STOP	
	STOP	
	STOP	
	STOP	
	STOP	
	STOP	
	STOP	
	STOP	
	STOP	