

HELPFUL THINKING

In the scenarios that follow, identify an unhelpful thought or negative thought that might be initially experienced; replace it with a positive thought.

1. You are asked to speak in front of a large group.

Unhelpful thought: _____

Helpful thought: _____

2. You need to complete a large project in a short amount of time.

Unhelpful thought: _____

Helpful thought: _____

3. The teacher gives you a pop quiz.

Unhelpful thought: _____

Helpful thought: _____

4. You are starting at a new school and do not know anyone.

Unhelpful thought: _____

Helpful thought: _____

5. You are sitting next to someone who is sick.

Unhelpful thought: _____

Helpful thought: _____