



# Positive and Negative Thinking

Where do your thoughts come from?

Who is in control of your thoughts?

Think about going to the doctor and getting a shot. **What feeling does this thought create?**

Now think about your birthday party with all your friends and your favorite dessert. **What feeling does this thought create?**

So, do our thoughts change how we feel? **Yes!**

Positive thoughts are thoughts that help you feel **better**. 

Negative thoughts are thoughts that make you feel **worse**. 

Are the following positive or negative ways of thinking?

- I'm good at things
- I always mess up
- I'm a good friend
- I'm giving up
- It's okay to make mistakes
- I'm bad
- I can't do this
- I can get better if I practice
- It's unfair
- I can figure this out
- Things will be okay

Let's say a negative and a positive thought we can have about each situation:

1. Mom says 'no' to dessert. Negative \_\_\_\_\_  
Positive \_\_\_\_\_

2. Someone else wins the board game.  
Negative \_\_\_\_\_ Positive \_\_\_\_\_

3. You're learning something new and it's really hard. Negative \_\_\_\_\_ Positive \_\_\_\_\_

4. Someone laughs behind you. Negative \_\_\_\_\_  
Positive \_\_\_\_\_

Which makes you feel better, negative or positive thinking?

Will you use negative or positive thinking in the future?

Give one example of how you will use positive thinking...



You got this!!

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***Better Behavior: Helping Kids Create Change and Improve Relationships***, by Noah Kempler, PsyD, Available at [Amazon.com](https://www.amazon.com)