**Positive Thinking Exercise**

Sometimes, our negative thoughts cause us to feel anxious. When we think that we won’t be successful or won’t be able to cope with a situation, then we may become anxious. Changing how we think about situations can help us learn to cope with anxiety. Below are some situations that could cause feelings of anxiety. Think about some situations that make you anxious, list a negative way of thinking about the situation and a positive way of thinking about the situation.

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| Situation | Negative thinking | Positive thinking |
| *You have to take a test.* | *“I’m going to fail. This is going to be too hard.”* | *“I’ll try the best I can and be happy with that. It will be o.k.”* |
| You are doing something new for the very first time. |  |  |
| You are shy and some new kids try to talk  with you. |  |  |
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