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PRACTICING

Life is not easy and it's hard not to let bad situations lead to negative thoughts, feelings, and actions. But putting a positive spin on things is an important skill to have so that we can better control our behavior.

In this exercise you can practice putting a positive spin (thought) on a negative situation. Finish the first 2 which are partially completed for you, then complete the final 3 using situations that you or other members of your group have observed or experienced.

SITUATION **1** : I got a C on my geometry test.

NEGATIVE THOUGHT: I'm no good at math. There's no way I can get any better.	POSITIVE THOUGHT:
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SITUATION **2** : Someone made fun of the way I dress on social media.

NEGATIVE THOUGHT: Nobody likes me, they all think I'm weird.	POSITIVE THOUGHT:
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PRACTICING

SITUATION 3 : _____

NEGATIVE THOUGHT: 	POSITIVE THOUGHT:
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SITUATION 4 : _____

NEGATIVE THOUGHT: 	POSITIVE THOUGHT:
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SITUATION 5 : _____

NEGATIVE THOUGHT: 	POSITIVE THOUGHT:
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