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:**

**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:**

**SITUATION 3**: [SITUATION PLACEHOLDER]

**NEGATIVE THOUGHT:**
[NEGATIVE THOUGHT PLACEHOLDER]

**POSITIVE THOUGHT:**

**SITUATION 4**: [SITUATION PLACEHOLDER]

**NEGATIVE THOUGHT:**
[NEGATIVE THOUGHT PLACEHOLDER]

**POSITIVE THOUGHT:**

**SITUATION 5**: [SITUATION PLACEHOLDER]

**NEGATIVE THOUGHT:**
[NEGATIVE THOUGHT PLACEHOLDER]

**POSITIVE THOUGHT:**

**SITUATION 6**: [SITUATION PLACEHOLDER]

**NEGATIVE THOUGHT:**
[NEGATIVE THOUGHT PLACEHOLDER]

**POSITIVE THOUGHT:**

Name:
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