

Name _____



Stronger Thoughts

Directions: Read each negative thought below and rewrite it as a positive, grateful statement. Use the example to guide you. Think about how the positive version changes the size of the feeling from small or medium frustration to a big confident emotion.

Example:

- Negative Thought: "I can't do this."
- Positive Thought: "I'm learning and improving every time I try."

1. **Negative Thought:** "Nobody notices when I work hard."

2. **Negative Thought:** "I always mess things up."

3. **Negative Thought:** "Things never go my way."

4. **Negative Thought:** "I'm not as good as other people."

5. **Negative Thought:** "This problem is too big for me."

6. **Negative Thought:** "I failed once, so I'll probably fail again."

7. **Negative Thought:** "No one cares about what I think."

8. **Negative Thought:** "I'm just unlucky."
