

## You can change negative thoughts to positive ones

Some people act as if their thoughts are controlling them. They may say something like “I can’t help thinking that something bad will happen.”

But you can change your negative thinking into positive thinking. Just try it.

Imagine a storm cloud in your mind. Now change the scene and make the sun come out.

Imagine an empty fish bowl. Now imagine the same bowl with a fish swimming happily in it.

You see, it’s easy to use your imagination to change your thoughts. And you can also use your thoughts to stop your worries. You can do this by changing negative thoughts into positive ones.

Let’s try practicing it below with Nina. Just fill in the blanks to help Nina change her negative thinking.

Nina was afraid of \_\_\_\_\_.

She thought many terrible things like: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.

But Nina had a counselor who told her that negative thinking would keep her fearful and worried. He told her that she could change her negative thoughts into positive ones.

Instead of thinking \_\_\_\_\_,

Nina thought \_\_\_\_\_.

Instead of thinking \_\_\_\_\_,

Nina thought \_\_\_\_\_.

Instead of thinking \_\_\_\_\_,

Nina thought \_\_\_\_\_.

Instead of thinking \_\_\_\_\_,

Nina thought \_\_\_\_\_.

Nina’s counselor told her that she had to catch her negative thoughts as soon as they came into her mind. He said that she should pay attention to what she was thinking when she felt afraid or worried.

The more Nina learned to change her negative thoughts into positive ones, the better she felt.

Then one day she said to herself \_\_\_\_\_.



- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

## You can change negative thoughts to positive ones

Now try it with your own thoughts, changing your negative thoughts into positive thoughts.

Instead of thinking (your negative thought) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I'll think (your positive thought) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Instead of thinking (your negative thought) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I'll think (your positive thought) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Instead of thinking (your negative thought) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I'll think (your positive thought) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Instead of thinking (your negative thought) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I'll think (your positive thought) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_