

Negative-Positive Self-Talk*

Rewrite the following negative statements so they read as positive statements.

1. Something must be wrong with me; I can't do anything right.
2. There is nothing I can do to change my life.
3. I must stay prepared by always expecting the worst.
4. Other people and other situations are to blame for my hardships.
5. I always feel like a failure.
6. If I let others know me, they might not like me.
7. I will never forgive them for what they did to me.
8. I am either the best or the worst; there is no in-between.
9. Playing and having fun are a waste of time because life is too full of problems.
10. Changing the people around me will fix how I feel inside.
11. If I can get others to like me, I'll feel better about myself.
12. Things have to be perfect for me to be happy, and nothing I ever do is good enough.

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