

## Positive Thinking Exercise

Sometimes, our negative thoughts cause us to feel anxious. When we think that we won't be successful or won't be able to cope with a situation, then we may become anxious. Changing how we think about situations can help us learn to cope with anxiety. Below are some situations that could cause feelings of anxiety. For each example, list a negative way of thinking about the situation and a positive way of thinking about the situation.

<b>Situation</b>	<b>Negative Thinking</b>	<b>Positive Thinking</b>
<p>You have to take a test.</p> <p>You are going to a new school.</p> <p>You need to ask your teacher a question.</p> <p>You are going to the doctor/dentist.</p> <p>You are going to bed and you are afraid of the dark.</p> <p>You try to get your school work perfect.</p> <p>You are shy and some new kids try to talk with you.</p>	<p><b>"I'm going to fail. This is going to be too hard."</b></p>	<p><b>"I'll try the best I can and be happy with that. It will be o.k."</b></p>