



CHOOSING POSITIVE THOUGHTS

Think of a situation in your life that you feel depressed about. Below on the left, write the negative thoughts you are thinking that make you feel depressed. Below on the right, write positive thoughts you could think to feel good instead of depressed.

Negative thoughts	Positive thoughts



Changing our thoughts to change our feelings is a simple idea, but it is not always easy to do. Some life situations are very difficult, and it is hard to think about them in a positive way. How hard or easy it would be to change your thoughts about the situation you described above?

For each situation below, write a positive statement that could make someone feel happy about it, and then write a negative statement that could make someone feel depressed about it.

Being youngest in the family

Being very tall

Going to a party



Getting a new puppy

School/work closing because of bad weather

Taking a test

Being an only child

Summer ending



Moving to a new town

Think of something that has happened to you in the last week that you felt happy about. Write the positive thoughts you told yourself that made you feel happy about this.

Now write two or more negative thoughts that could have made you feel depressed about this.

Think of something that happened to you in the last week that you feel depressed about. Write the negative thoughts you told yourself that made you feel depressed about this.



Now write two or more positive thoughts that could have made you feel happy about this.

Remember that you are the only one that can choose your thoughts!

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