

## HANDOUT 5.2

### Common Negative Thoughts and Their Positive Replacements

Negative Thoughts	I have this thought sometimes	Positive Replacement Thought
I'm a terrible teacher.		
It's awful to be disrespected.		
This will never work.		
I can't stand this.		
This is too hard.		
This is not fair.		
I have too many students.		
I can't do this.		
I am losing control.		
I hate being disrespected.		
His parents just don't care.		
She's doing this on purpose.		
I can't let him get away with that. It will make me look weak.		
No one ever supports me.		
This paperwork is such a waste of time.		
I don't know what I'm doing		
This is hopeless.		
He doesn't care, so why should I?		
I must get control of this classroom.		
These students should listen to me.		
He always acts this way.		

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## HANDOUT 5.7

### Positive and Negative Method Goal Setting

<b>This week I am going to use the following strategies for increasing positive thoughts and decreasing negative thoughts:</b>	
<b>Positive Strategy</b>	<b>Negative Strategy</b>
<input type="checkbox"/> Inspiration and recalling passion <input type="checkbox"/> Priming <input type="checkbox"/> Using cues <input type="checkbox"/> Acknowledging accomplishments <input type="checkbox"/> Self-rewarding thoughts	<input type="checkbox"/> Worry time <input type="checkbox"/> Time projection <input type="checkbox"/> Exaggeration
My current rate is _____ positive thoughts for every _____ negative thought. By the end of the week my goal is to have _____ positive thoughts for every _____ negative thought. Each day, I reach my goal I will reward myself with the following self-rewarding thoughts: _____ _____ _____.	
When I reach my goal for 3 or more days in a row, I will reward myself with _____ _____ _____ [bigger reward].	

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