

Handout A

Target: Giving someone a different and positive perspective.

What you have to do: Write positive points of view for each of the 8 situations.

1	If this date isn't successful, I'll be single forever.
2	I got an 'F' on the test. I'm no good at anything.
3	I'm late again for class. It's all my fault for having fun.
4	Everyone thinks I'm stupid because I made a mistake.
5	The teacher looks angry. They must be about to tell me I failed.
6	Today is going to be bad. Really bad.
7	My friends say nice things to me, but I don't think they mean them.
8	I should've studied harder.

*single = not married

Handout B

Phrases you can use to offer different and positive perspectives

“Don’t let things get the better of you...”

“Be positive...”

“Be optimistic...”

“Make the best of a bad job...”

“Take the rough with the smooth...”

“Look on the bright side...”

“Keep your chin up...”

“Keep smiling...”

“Go with the flow...”







