

THINKING POSITIVELY, FEELING POSITIVE

Thinking influences the way we feel and behave. When we have negative thoughts, we feel and behave negatively as a result, often without noticing that it is happening. Having positive thoughts helps us to feel and act more positively. We suggest the following three steps.

1. **Recognise when you are having negative thoughts**

To be able to challenge negative thinking we need to be aware that we are thinking negatively. Talk through the following with your PuP Practitioner:

What is the first thought and first feeling that comes to mind when you read the statements below?

a) A social worker from social services knocks at your door.

My first thought is:

My first feeling is:

b) A teacher from your child's pre-school or school rings and asks to speak to you.

My first thought is:

My first feeling is:

c) A neighbour you don't know knocks at your door looking angry.

My first thought is:

My first feeling is:

2. Learn to replace negative thoughts with positive thoughts

If your first thoughts and feelings were negative, think of a positive, or neutral, thought you could have had in the situation. For example, a negative thought to the situation in which a social worker knocks at your door might be: "someone has made a notification to welfare about my family".

A positive thought might be: "the welfare officer is at the wrong address".

How does this change the way you *feel* about the situation?

Write down a few positive thoughts for each situation.

a) An officer of the welfare department knocks at your door.

Some positive thoughts could be:

With these thoughts, I feel

b) A teacher from your child's pre-school or school rings and asks to speak to you.

Some positive thoughts could be:

With these thoughts, I feel

c) A neighbour you don't know knocks at your door looking angry.

Some positive thoughts could be:

With these thoughts, I feel

3. Practice replacing the negative thoughts with more positive and constructive ones

Think of a couple of situations recently where you had a negative thought that left you feeling upset. Write down your negative thought. Try and think of a positive thought you could have had in that situation.

Situation:	
Write down the negative thought:	Write down the emotional reaction to this negative thought:
Write down a positive thought:	Write down the emotional reaction to this positive thought:

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