

## Positive Thinking and Negative Thinking: Examples

Once you start to pay attention to your thinking, you will notice patterns of thought. Use the chart below to help you identify what thought patterns you are using. It is also helpful to consult the list of self defeating beliefs and cognitive distortions. By noticing and naming the pattern, you can then start to shift away from old unconscious thoughts that don't bring you the experiences you want.

Shifting into positive thinking takes practice. Each time you have a thought it travels down a nueropathway and connects to other thoughts. The more you practice that thought the strong the pathway gets. The practice is not about getting it done or getting it right. It is about the practice.

<b>POSITIVE THINKING ☺</b>	<b>NEGATIVE THINKING ☹</b>
<b>Planning ahead</b> "I'll make a schedule."	<b>Carelessness</b> "It doesn't matter."
<b>Willingness to learn</b> "I'll ask for help."	<b>Fatalism</b> "If it happens, it happens."
<b>Alertness</b> "I'll concentrate and pay attention."	<b>Passiveness</b> "It's not interesting."
<b>Knowing your goals</b> "I want to improve."	<b>Ignorance</b> "I don't understand it."
<b>Faith</b> "I'll try my best."	<b>Cynicism</b> "It's not worth my time."
<b>Willingness</b> "I'll work on it now."	<b>Laziness</b> "It's too much trouble."