



Examples of Helpful/Positive Thoughts

EXAMPLES OF HELPFUL/POSITIVE THOUGHTS

- 1. It will be fun doing such-and such today.
- 2. I've gotten good things in life.
- 3. The weather is great today
- 4. I can do better than that.
- 5. Even though things are bad right now, they are bound to get better.
- 6. I'll learn to be happier as I live longer.
- 7. That was probably a reasonable solution to a tough problem.
- 8. Life is interesting.
- 9. I deserve credit for trying hard.
- 10. That was a nice thing for me to do.
- 11. I really feel great.
- 12. This is fun.
- 13. I'm a good person.
- 14. I can do just about anything if I set my mind to do.
- 15. I have great hopes for the future.
- 16. I have good self-control.
- 17. That's interesting.
- 18. I really handled that situation well.
- 19. People are OK once you get to know them.
- 20. I like to read.
- 21. I'm easy to get along with.
- 22. If I can just hold on until such-and-such a date, I'll be OK.
- 23. A nice, relaxing evening can sure be enjoyable.
- 24. I have worked long enough --now it's time to have fun.
- 25. I'm considerate of others.
- 26. I have time to accomplish most things I want to do.
- 27. Someday I'll look back on today and smile.
- 28. I like people.
- 29. I always find the strength to handle whatever comes up.
- 30. I'm a good parent/friend/spouse etc.
- 31. I'm a sensitive person.
- 32. I'm honest.
- 33. I could probably handle a crisis as well as anyone else.
- 34. I'm pretty lucky.
- 35. I'm responsible.
- 36. My experiences have prepared me well for the future.
- 37. That's funny.
- 38. I'm pretty smart.
- 39. I'm physically attractive.
- 40. I am looking forward to that event.
- 41. I am doing the best I can.