



Positive Thinking VS Stinking Thinking



I'm always in trouble

I'm a terrible student

I hate myself

No one cares about me

I'm dumb

Now everything is all messed up

It is all my fault

My teacher hates me

I will never have any friends

I am a bad person

This always happens



What can I do to fix this problem?

One bad grade doesn't make me a bad person

What would someone who cares about me say?

I can think of many things I do that's great

Everyone makes a mistake now & then

There are a lot of people who like me

Stinking Thinking



Positive Thinking

