

HANDOUT 5.2**Common Negative Thoughts and Their Positive Replacements**

Negative Thoughts	I have this thought sometimes	Positive Replacement Thought
I'm a terrible teacher.		
It's awful to be disrespected.		
This will never work.		
I can't stand this.		
This is too hard.		
This is not fair.		
I have too many students.		
I can't do this.		
I am losing control.		
I hate being disrespected.		
His parents just don't care.		
She's doing this on purpose.		
I can't let him get away with that. It will make me look weak.		
No one ever supports me.		
This paperwork is such a waste of time.		
I don't know what I'm doing.		
This is hopeless.		
He doesn't care, so why should I?		
I must get control of this classroom.		
These students should listen to me.		
He always acts this way.		

From *Stress Management for Teachers: A Proactive Guide* by Keith C. Herman and Wendy M. Reinke. Copyright 2015 by The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use only (see copyright page for details).