Handout 5-1. 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.		
It's 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.		

Handout 5-2. Tracking Positive and Negative Thoughts

Positive Thoughts	Negative Thoughts
Total:	**Total:**

Handout 5-3

Why I Became a Teacher……

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Handout 5-4

What I Like Most about Being a Teacher……

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Handout 5-5. My Coping Thoughts

My Coping Thoughts

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Handout 5-6. Positive and Negative Method Goal Setting

This week I am going to use the following strategies for increasing positive thoughts and decreasing negative thoughts:

Positive Strategy	**Negative Strategy**
☐ *Inspiration and Recalling Passion*	☐ *Worry Time*
☐ *Priming*	☐ *Time Projection*
☐ *Using Cues*	☐ *Exaggeration*
☐ *Acknowledging Accomplishments*	
☐ *Self-Rewarding Thoughts*	

My current rate is ____ Positive thoughts for every _____ Negative thought. By the end of the week my goal is to do have ____ Positive thoughts for every _____ Negative thought. Each day, I reach my goal I will reward myself with the following self-rewarding thoughts:

_____

_____.

When I reach my goal for 3 or more days in a row, I will reward myself with

_____ *(bigger reward).*