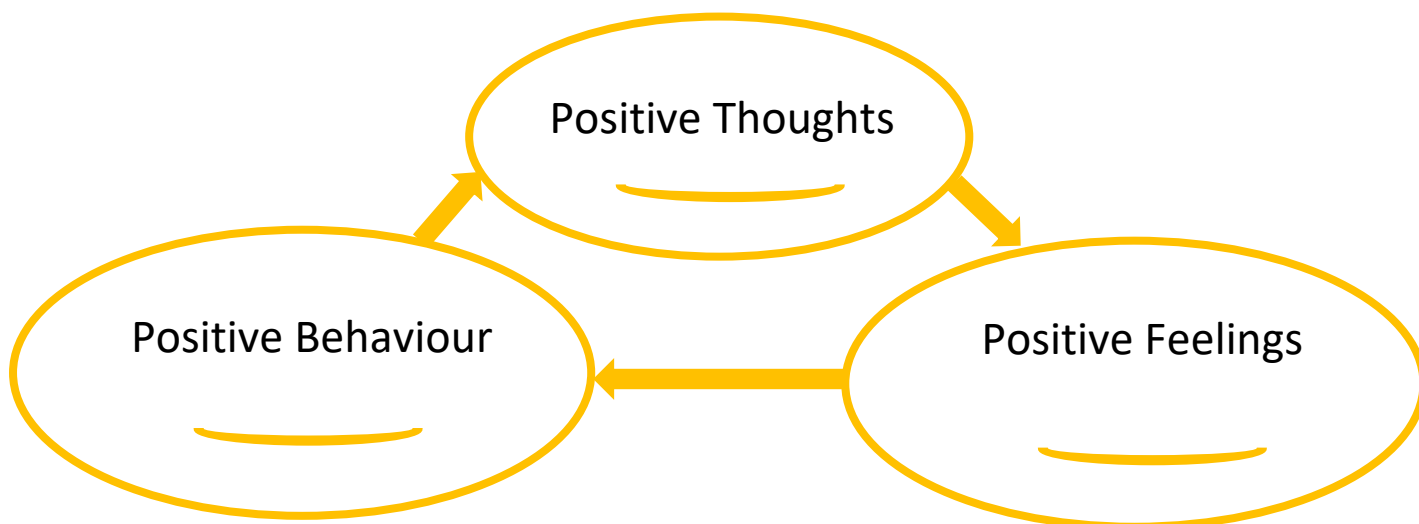


The Positive Thought Cycle.



When you plant a Sunflower, if it doesn't grow well, you don't blame the Sunflower! You look for reasons it is not doing well. A helpful pathway- could be it may need fertilizer, or more water, or more sun. You look for solutions to solve the situation. You never blame the Sunflower.

Yet if we have problems with our family or friends, school etc, we blame them. But if we know how to take care of them, they will grow well, like the Sunflower. Blaming has no positive effect at all. Finding a helpful pathway is a positive way of thinking' that will bring a positive outcome.

Ways of Thinking.

Three dimensions.

1	INTERNAL It is me?	→	EXTERNAL It is something else other than me.
2	RIGID It will always be the same.	→	FLEXIBLE It can change.
	GLOBAL It happens every time, all the time.	→	SPECIFIC It happened once this time.

Helpful pathways.

Negative

Is it me?
I am stupid!

Is it always me?
I will always be stupid.

Is it everything?
I am bad at everything.

Positive

Or something outside of me?
This is too hard.

Or just sometimes?
This is too hard for me now.

Or is it just this?
I have great ideas but I need more time.