

It's called "**STINKING THINKING.**" And boy does it stink!

*You just know you will forget what you studied last night for the test today.*

*You know you will trip when getting up to sharpen your pencil.*

*You just know you will forget the words when you stand to give your book report.*

*You know no one likes you; you'll never be liked.*

We want the best for ourselves but we are often our own worst enemy by expecting the worse. When we tell ourselves that we will not pass the test or we will not have friends, it often becomes true. Why? Because we expect bad things to happen and our actions can actually lead to negative (not wanted) results.

Think about it.

If you don't think anyone likes you, are you more or less likely to try to make new friends? If you think you will trip when you stand up and walk, you are more likely to focus on your feet. What you normally do without thinking has suddenly become hard. If you think you will forget the words you have practiced, then your brain may very well forget the words. After all, you've told your brain it will happen. You are setting yourself up to fail!

*Stinking thinking* is not healthy for you, your body, or your brain. Do yourself a favor: think good thoughts. Your body and brain will thank you!

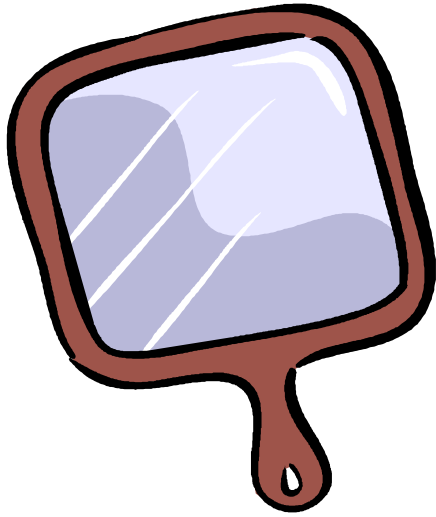
*I will do well on the test today. In fact, I'm picturing an A+!*

*I will walk just fine. If I do happen to stumble, I'll just laugh at my own clumsiness.*

*I've practiced at home at least three times. I will give an excellent book report.*

*If I'm a good friend to others, I will find the type of friend I'm looking for.*





## Who Do I See Looking Back at Me?

### Step-by-Step

1. Stand in front of a mirror. If you do not have a large mirror, find a hand mirror (like the one above).
2. What did you think the moment you looked into the mirror? Be honest. This is for your eyes only.
3. Write down at least five words that came to mind. Words may be describing (tall, short, fat, skinny, pretty, ugly) or ones with feeling or emotion (sad, depressed, happy, excited).
4. Divide the words into TWO piles - positive words and negative words. Positive words are ones that show you like who you are. Negative words reveal dislike and feelings of gloom - you see someone sad or ugly looking back at you.
5. If you were using these words to describe someone else, would it hurt their feelings or make them feel good? Consider the words you wrote down. If someone were using these same words to describe you, how would you feel? If the words you think of make you feel bad about yourself, change your thinking. Our thoughts hold power!

**Choose Your Attitude!**