**Turning the Negative into Positive**

If you deal with many difficult situations daily, you may begin feeling negative or pessimistic about the whole day. This worksheet will help you focus on the positive.

Identify a difficult or frustrating situation.

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How does it make you feel and why?

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Identify a negative aspect about the situation.

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Identify a positive aspect or lesson related to the situation.

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How does that positive aspect help you in the long run?

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In a similar instance, what will help you focus on the positive aspects?

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