

Name: _____



Positive Thinking

You must love yourself and think positively to be happy. The statements below are not true. Give reasons below as to why they aren't true and are harmful for self esteem.

I have to have money to be happy. _____

I must have certain material things to be happy. _____

There is no fun in work. _____

If I'm not successful, I can't be happy. _____

If I was better looking I'd be happy. _____
