

Positive Attitude Exercise

Directions: Using a positive attitude, find several positive outcomes which could realistically result from each scenario.

1. You were speeding and ran off the road in an attempt to avoid rear-ending a vehicle in front of you. You are ok but your car is totaled. You have already had many speeding tickets in the past.

Find realistic benefits: _____

2. You constantly leave your vehicle unlocked in the parking lot of your apartment complex. You wake up to find that someone has stolen some possessions out of your vehicle. You call the cops and they say there is really nothing they can do.

Find realistic benefits: _____

3. A classmate has just told you that a paper you thought was due next week is actually due tomorrow. You confirm this with your professor and she says it is indeed due tomorrow. You planned on getting in bed early tonight but now you can't.

Find realistic benefits: _____

4. You have made plans to go out of town this weekend. Just as you are about to leave work on Friday your boss announces that everyone is behind on work and the company has a deadline to keep. He tells you to come in tomorrow.

Find realistic benefits: _____

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Directions: Using a positive attitude, find several positive outcomes which could realistically result from each scenario.

1. You have submitted your resume to several companies with openings which you feel you are qualified for. It has been over a month and none of the businesses have called you back.

Find realistic benefits: _____

2. After leaving worship on Sunday morning, your child says that he is not sure if God really exists.

Find realistic benefits: _____

3. Your spouse came home early from work today and told you he was fired for sexual harassment.

Find realistic benefits: _____

4. A friend has told you that some mutual friends are gossiping about you behind your back. You realize that none of them have called you for several weeks and that they have not been returning your phone calls.

Find realistic benefits: _____

