

Student Name:

Date Completed:

Optimism, Working the Positive

*“Optimism is the skill of focusing on the **positive** without denying the **negative** and channeling one’s energy towards what is **controllable**.” – The Resilience Alliance*

For each negative statement, write two positive/optimistic responses:

- This is all messed up; it is not going to work.

1. _____

2. _____

- This is not way it should be.

1. _____

2. _____

- After hours of trying, this is looking worse and worse.

1. _____

2. _____

- None of my clients see what I am trying to do for them.

1. _____

2. _____

- You are never able to get anything right.

1. _____

2. _____

- I should just give up.

1. _____

2. _____

I discussed the following with my supervisor regarding optimism and positive statements: