

Thought Replacement Exercises

Rewrite these statements with a more optimistic outlook:

“This is a complete disaster. I can’t teach any of my other students.”

“Riding the bus is a nightmare. Literally, I have nightmares about riding the bus with her.”

“Everything he does annoys me and annoys all my students.”

“Why should I spend so much time with this *one* student when the rest of my students are ready to work?”

“Have you met the parents? Yikes. There’s nothing we can do.”