

## WORKING THROUGH CHALLENGES

I have been having negative emotions about a person. Here are things that I appreciate about this person:

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I am not feeling happiness about a situation at home or work. Here are things I appreciate about my situation:

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Something will always arise in life that will require me to shift my focus. Currently, the life situation that needs a shift in my focus is:

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I may not be able to put negative emotions out of my mind completely, or immediately. However, each time I feel the urge to dwell on something negative or painful, I will seek out thoughts or activities that make me feel a little better. Today, it makes me feel better to think about this:

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Something physical that I could do to feel better is:

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I understand that unless I change the way I think, the same life situations and challenges will continue to arise in my life. And, I understand that I can always choose to think differently about the unwanted things that arise in my life. When I refuse to dwell on the negative and unwanted, then my life will begin to dramatically improve.

When I experience negative thoughts or emotions, I can remind myself that I have recognized a thought pattern that no longer serves me. When it is hard to get away from my negative thoughts, I can say to myself "I do not want to feel this way", and "This thought pattern does not serve me."