

SELF-TALK / POSITIVE AFFIRMATIONS

The things you say to yourself that nobody else hears are the most powerful words in your life. They come right from your subconscious and represent your current thoughts about you. Your thoughts about yourself might not be true, but they do represent the real you as you are today. T or F?

34. What are some **good things** you should say to yourself? _____
35. What are some **destructive things** you shouldn't say to yourself? _____

Positive affirmations are a form of positive self-talk. Positive self-talk can help replace negative, distorted thinking. Positive affirmations put good thoughts in your mind and make you feel better. Let's try some:

- I am a forgiving and loving person.
- I am successful and confident of the future.
- I am not a druggie, but a person in control.
- I am generous and enjoy helping others.
- I am a unique, one-of-a-kind person.
- I have a sense of humor and enjoy laughing.

36. Choose one of the above or make up one of your own and write it on a piece of paper. Next, post it where you will see it often and repeat it several times a day. Write your **positive affirmation** here:

SUCCESS IN LIFE

37. **What is success in life? Determine if the following statements are true or false. Put "T" for true or "F" for false.**

- ___ Success in life is not determined by the hand we are dealt, but how we play it.
- ___ Success in life comes when we put the blame on others.
- ___ If we don't value our life, we will waste it.
- ___ People can fail many times in life, but they aren't a failure unless they give up.
- ___ People can reach a point in life of doing so much wrong that it is too late to change.
- ___ Success in life comes when we pursue wealth, power, and fame.
- ___ True freedom comes when we can control our thoughts, the source of our behavior.
- ___ Men and women should be good because they want to be, not because they have to be.
- ___ It takes two good people to have a successful relationship. If one is bad, the relationship will fail.
- ___ People who choose to live the untruth don't like being confronted with the truth.

38. **In addition to what has been discussed, check the statements below that would help you be a happier person.**

- | | |
|--|--|
| <input type="checkbox"/> Be grateful for what you have. | <input type="checkbox"/> Don't betray yourself; listen to your feelings. |
| <input type="checkbox"/> Give up addictive drugs and habits. | <input type="checkbox"/> Let it go; chill out. Don't hold grudges. |
| <input type="checkbox"/> Don't compare yourself with others. | <input type="checkbox"/> Find good friends who care and understand. |
| <input type="checkbox"/> Don't want what others have. | <input type="checkbox"/> Minimize your exposure to violence. |
| <input type="checkbox"/> Take more time for rest and relaxation. | <input type="checkbox"/> Learn from your mistakes; don't repeat them. |
| <input type="checkbox"/> Get away for trips; have fun. | <input type="checkbox"/> Learn more self control; reduce anger. |
| <input type="checkbox"/> Stay within your means; avoid debt. | <input type="checkbox"/> Release the past; focus on the future. |
| <input type="checkbox"/> Avoid doing wrong; obey laws. | <input type="checkbox"/> Improve your communication skills. |
| <input type="checkbox"/> Love your body. | <input type="checkbox"/> Love and be loved. |
| <input type="checkbox"/> Do more giving and less taking. | <input type="checkbox"/> Other: _____ |

39. Describe a **happy person**.

40. We can be a **willow in the wind**, controlled by life's breezes, or we can choose to be a **fence post** and stand up to life's difficulties. What are some rewards for being a **fence post**?
