



Are You Positive?

Which of the following statements is characteristic of your thoughts?

Negative thinkers believe...	Positive thinkers believe...
There is no way this will work! Nobody ever communicates with me. This is all my fault. I'll never learn this new program.	I can try to make this work. I will see if I can open the lines of communication. Sometimes these things happen. This may take some time, but I know I can do it.

PEOPLE WHO THINK POSITIVELY MAY ENJOY CERTAIN HEALTH BENEFITS INCLUDING:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

Negative thinking is a learned habit. With practice, it is possible to retrain your brain to think more **positively.**