

Turn the negatives to positives – girls

We make ourselves feel negative when we talk ourselves down. Look at the negative statements. Work with a partner and try to turn them into positives.

Negative comment	Positive comment
I'm fat and ugly.	
No-one ever asks me out.	
Other girls have better clothes than me.	
Everyone is better looking than me.	
I'm just no good at school work.	
My teachers think I'm a stupid lump.	



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