

Dispute Negative Thinking

We all have the power to reshape our lives for the better, writes Barbara Fredrickson in *Positivity: Groundbreaking Research To Release Your Inner Optimist And Thrive* (Fredrickson, 2010).

The magic ingredient is *positivity*. It grows as we experience positive emotions such as gratitude, joy, interest, and inspiration.

Increasing positivity over time will reshape your life by changing how you view yourself while prioritizing self-confidence.

Complete the following exercise:

1. Cut out the rectangles below.
2. On each one, write out one of your typical negative thoughts (*I'll never get anything done, I can't do this, etc., I shouldn't be here, I'm a fake*). The aim is to find and capture your inner critic.
3. Shuffle the cards.
4. Pick one at random and read it aloud.
5. Quickly and thoroughly dispute it.
6. Move on to the next and repeat.

As you work through the pack, become surer of yourself and more confident in what you can achieve.

Reference

- Fredrickson, B. (2010). *Positivity: Groundbreaking research reveals how to release your inner optimist and thrive*. Richmond: Oneworld.

Dr. Jeremy Sutton