

I'M STUCK IN NEGATIVE THOUGHTS

GOAL BUILDING POSITIVE THOUGHTS

From time to time, everyone has moments or periods in which it's difficult to stay positive. You feel a bit down, or too many things are going wrong. You notice that various negative thoughts are running through your head, and it's hard to stop this. This tool can help you to break through the negative thoughts.

1

Get or buy a notebook/journal.

2

Write down three things you're grateful for at the end of each day; for example: "I'm grateful for....., because....."

3

Take the time to observe what you feel when you write these things down or read them back.

4

Keep this up for a while, even if your thoughts have already become more positive.

SUPPORTING OTHERS

If necessary, remind the other person to write down three things every day.

Reflect with the other person on their feelings when they write down things they are grateful for.

Mention what the other person might be grateful for, even if they seem to be small things (when using the tool, but also at other times).

Monday

1. I'm grateful for my colleague's help, because it made my lesson better.
2. I'm grateful for the nice conversation with a pupil, because it helped me understand him better.
3. I'm grateful for the sun shining so beautifully, because it makes me feel happier.

Tuesday

1. I'm grateful that my mother drove me to school, because otherwise I would have gotten very wet in the rain.
2. I'm grateful for my teacher's feedback, because I finally understand what I need to do.
3. I'm grateful for my learning team, because we worked hard and laughed a lot.

Source:

Rijnvis, D. (n.d.). Kun je jezelf rustiger schrijven in crisistijden?
[Can you write yourself calmer in times of crisis?]. Schrijfvis.
<https://www.schrijfvis.nl/dankbaarheidsdagboek/>