

2B

OPTIMISTIC STATEMENTS

(script from the video also found on the website)

Repeating these optimistic statements (or your own) helps to create new optimistic brain pathways.

Optimistic brain pathways make you more resilient in stressful and distressing situations. It helps you to keep your cool and move forward in spite of opposition.

I can

I will

I can learn

I can do!

I will do!

I would like to

I'd prefer

Explain to me how that works

Let's agree to disagree

We are all sisters and brothers sharing this beautiful planet

Notice the difference when you say:

I can't and I can learn

I won't and I'll think about it

I don't like and I'd prefer

I don't understand and Could you elaborate on that

Alternatively make up your own optimistic 'self-talk' which encourages you to embrace life and all its challenges.

Some people record these on the voice recorder of their mobile phone and listen back later