

Positives and negatives

Instruction

Write down three positive and three negative aspects to the following situations. There are no right or wrong answers, so use your imagination – stretch your thinking.

You have just won the lottery.	
Positive	Negative
➤	➤
➤	➤
➤	➤

You have sprained your ankle badly and have been instructed not to put weight on it, and to rest in bed for two days.	
Positive	Negative
➤	➤
➤	➤
➤	➤

Think of a situation in your own life – or a decision you have to make – and work out the positives and negatives.	
Positive	Negative
➤	➤
➤	➤
➤	➤

How did you find this exercise? Easy ☐ OK ☐ Hard ☐ What strategies did you use?