

Accentuating the Positive

Read the following negative messages. Circle the ones that you've said to yourself. Then write down at least one counterargument that accentuates the positive.

1. I don't want to do anything when I feel tired or down in the dumps.

2. I don't know how to get started.

3. I don't have anyone to be active with me.

4. I can't find the time in my busy schedule.

5. I'm going on vacation.

6. I'm having a personal crisis.

(continued)

HO #5-1 (continued)

7. I just can't remember to exercise.

8. I'm too sore from the last time.

9. My family and friends don't support me.

10. I haven't been feeling well all week.

11. I'm discouraged because I never seem to reach my activity goal.

12. I don't like to be active in public because I'm embarrassed by the way I look.

13. I have back or knee problems that get in the way of being active.

(continued)

HO #5-1 *(continued)*

14. I get seasonal allergies and can't exercise outdoors.

15. I don't feel safe exercising in my neighborhood.

If we've missed the negative message that gets in your way, write it down.
How can you replace the negative with a positive?
