

Don't Put Yourself Down

Do you constantly say negative things about yourself or blame yourself for every problem you are having?
Do you hear yourself saying negative things like:

- I can't believe I'm so stupid.
- I hate the way I look.
- No wonder no one wants to be with me.

These negative statements will keep you unhappy and keep you from doing positive things for yourself and others. So stop putting yourself down! Make seven copies of this worksheet and use one every day for a week. Every time you catch yourself saying something negative, cross out one of the pennies in the jar below. See if you can learn to stop putting yourself down by the end of the week.

