

Thinking More Helpful Thoughts Activity

In this class activity, your goal as a group is to reframe the negative thought you have been given into a more positive one. Use the guidelines below to evaluate the quality of the “new,” more positive thought. When reviewing the newly reframed thought, consider some or all of these questions to see if the new thought that the group has created, clearly moves from a negative way of thinking to a more positive way of thinking. Not all of these questions may apply to a particular item.

For additional assistance with your own negative thinking, talk further with your small group leader about how your thinking impacts your career problem solving, and how you can **alter** your thoughts and effectively **act** on your new thoughts. Review information in the Career Thoughts Inventory Workbook.

Consider the items below in evaluating the quality of the “new” thought created by your group. Does the new thought:

- reflect an openness to new things?
- view the person as capable of changing?
- assume responsibility?
- identify the problem (gap)?
- identify multiple options for solving the career problem?
- create an informed and detailed plan for solving the career problem?
- have a realistic estimate of the time required to solve the career problem?
- give a sense of when a person would know the career problem is solved?
- portray optimism about the future?
- acknowledge the need for persistence and commitment?
- acknowledge and cope with feelings?
- acknowledge the ongoing process of decision-making?

Does the new thought avoid

- words such as “can’t,” “never,” “perfect”?
- words such as “should,” “must,” “have to”

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