Emotion Transformation Technique Worksheet

Write down your negative inner critic statements on the left hand column. Then turn it into a positive statement like the example below.

Negative Inner Critic Statement	Positive Statement
Example: “I am not good enough to make the basketball team”	Example: “I am good enough to make the basketball team”

Now read your positive statements out loud 5 minutes daily for 21 straight days.

Copyright Handylifeadvice.com