

# Negative Conclusions

## Step-by-Step Instructions:

1. Begin by talking about how we often make statements that sabotage new ideas or activities. These negative statements are often based on past experiences.
2. Ask the participants to take a minute to think of something they would really like to do.
3. Ask for examples and write them on a flip chart. An example may be “I want to become fluent in Spanish” or “I want to go to Paris with my wife.”
4. Read the examples aloud one at a time to the group.
5. Ask the group to reply with statements that are negative and predict failure such as “You are too old to learn a new language” or “You don’t want to fly to Paris because the plane may crash.” Encourage participants to share many negative thoughts. Write the negative responses on the flip chart and then read each one aloud.

## Tips for Discussion and Processing

Discuss how many people have aspirations to try something new but often talk themselves out of trying by having automatic negative self-talk. This activity will help participants become aware of what some negative thoughts are that may interfere with their ability to try new behavior or follow their dreams. Discuss how difficult it is when we are caught up in the cycle of negative self-talk. Provide some examples of people who have followed their dreams and have experienced good outcomes.

**Group Size:** 11 to 25

**Time Needed:** 1 to 10 minutes

**Goal:** To help participants identify their negative thoughts and the way they talk themselves out of doing new things

**Audience:** Couples, Teens, Parents, Singles

**Special Considerations:** Depending on the group’s reaction to this activity, the facilitator may need to follow it with a positive activity.

### Resources Needed:

- ✓ Flip chart, colored markers