

Handout MENTOR - 2.3 A Positive and negative

I've run out of energy.

I must concentrate.

No use in trying.

I'm ashamed of myself.

I have no time.

The teacher hates me.

I am the worst student in class.

I will succeed next time.

Keep trying.

I am a loser.

I've failed again.

There is enough time.

My grades are low.

I am as clever as everybody else.

I am a fighter.

The teacher likes all of us.

I love myself as I am.

I am stupid.

I can change that.

I am filled with energy.