

# NEGATIVE vs. POSITIVE

On the left hand side below, write down the negative **words that other people might use about you, or the things you might think about yourself for committing your offence/s**. You might write things like “nonce” or “pervert” or whatever words you think people might use.

On the right hand side write all the **positive words you could use to describe yourself**. For instance you might write “bright” “likeable” or “caring”.

## NEGATIVE WORDS ABOUT ME

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

11)

12)

## POSITIVE WORDS ABOUT ME

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

11)

12)

Have a look at your two lists. Now think about how much of your time you spend doing the things on the left hand side (negative), and how much you spend doing the things on the right hand side (positive). Write a percentage in each column to show how much time you spend on each – one for positive and one for negative – like most people you probably spend at least half your time doing positive things, so you are *mostly* a good person. **REMEMBER IT!**