

## Pain-to-Power Vocabulary

Pain  Power

I can't ..... I won't

I should ..... I could

It's not my fault ..... I'm totally responsible

It's a problem ..... It's an opportunity

I'm never satisfied ..... I want to learn and grow

Life's a struggle ..... Life's an adventure

I hope ..... I know

If only ..... Next time

What will I do? ..... I know I can handle it

It's terrible ..... It's a learning experience