
What Are Your Positive Psychological Skills?

Many people find that their mental health problems improve when they practice positive psychological skills. These skills can include how you see life, how you see problems, how you feel about what is going on, how you see the future, how you see yourself, how you see other people, and how you see the world.

Some people practice these psychological skills every day. You can use this worksheet to think about the psychological skills you already have or would like to use more often.

Write each sentence on a 3x5 card with the blank space and 3–5 empty lines.

1. _____ I know how to reduce my stress in my life.
2. _____ I feel in control of my life when I'm feeling good.
3. _____ I know how to get what I want when I'm feeling a little bit nervous.
4. _____ I enjoy things in my life.
5. _____ I feel like things are going to get better when I'm feeling bad.
6. _____ I know how to take care of myself when I'm feeling stressed.
7. _____ I know how to use my strengths.
8. _____ I know how to use my strengths when I feel stressed.
9. _____ I know how to get what I want when I'm feeling bad.
10. _____ I know how to get what I want when I'm feeling stressed.
11. _____ I know how to get what I want when I'm feeling bad.
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