

Optimism vs Pessimism

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Are you optimistic or pessimistic?

1. Check the language you use. Write down the types of sentences you use. Are they optimistic (I know that I'll succeed, of course everything will be OK) or pessimistic (I never succeed, I never get a chance)?

2. If you use pessimistic sentences, change them into optimistic ones, and see what happens after you say them.

A pessimistic sentence.	The pessimistic sentence turned into an optimistic sentence.



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