

# Preparation

## Talking Down the Negative, part 2

You may have already discovered that one way to start doing healthy things more often is to turn negative thoughts, or cons, about changing into more positive thoughts. Having more positive thoughts may help you feel motivated and ready to change. These new positive thoughts are like

“comebacks!” Below you will see lists of comebacks for cons about changing that frequently pop up. Take a look at the lists and decide which comebacks you can use or come up with a list of your own:

### EXERCISING

#### CON

I might feel weak at first

I will become stronger and get used to it after a while

**COMEBACK**

I will need to find time

I can make a schedule or plan ahead

I might feel tired until I get used to it

Eventually I will feel more energized

I might feel lazy and like giving up sometimes

I can focus on my goal and that will help me stay motivated

### LESS SCREEN TIME

#### CON

I might feel bored

**COMEBACK**

I can always find something interesting to do

I might feel like I am missing out on something

Someone can fill me if I miss anything

Other people might wonder why I'm not responding to their messages right away

I can explain that I was busy

### Turn cons into comebacks

Negative thoughts come up all the time; if this happens to you, don't feel bad – simply try to come up with a comeback. This will help you to stay motivated and positive about becoming a healthier you!

#### YOUR CONS

#### YOUR COMEBACKS

For more information visit: [www.HealthyMeFlorida.com](http://www.HealthyMeFlorida.com)