

Flip Its

From  to 

Draining/troubling thought or feeling 	Flip side 
It's not fair.	Fair isn't guaranteed. No one promised me a rose garden. Life, by it's nature, is unfair. I accept that. Instead of lamenting it, I'll focus my thinking on doing the best with what life has dealt me.
I need to fix her, make her better.	I need to fix me, for her. It's virtually impossible to change or fix someone else. It's her responsibility to change herself, not mine. I'll support her in a nonjudgmental way if she takes the initiative. And, I'll focus on bettering myself—that's all I have control over. I'll be a role model of self-love and self-care for her.
There's something wrong with him.	There's nothing "wrong" with him. He is who he is—he's the present face of his entire life backstory. He's a work in progress. A building under construction isn't wrong because it's in progress.
It's all too much.	It's doable in small parts. All together it is too much. I'll break it down into parts. Today, I'll deal with a small, doable piece of the whole.

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<p>I'm powerless.</p>	<p>I can choose how I respond. I may be powerless to change others or circumstances, but I always have the power to change how I think of something and how I respond to it.</p>
<p>I'm ashamed.</p>	<p>I'm not ashamed of who I am. I may not like something I've done, or what someone's done to me, but that doesn't make me a bad or shameful person. I'm a good person who's experienced something shameful. Instead of staying stuck in shame, I won't keep it a secret. I'll talk about it to the right person. And I won't judge myself.</p>
<p>It's my fault—I'm guilty.</p>	<p>I'm not perfect, and that's okay. I'm not divine. I'm human. Human's make mistakes and are limited in what they can do. Instead of uselessly beating myself up, I'll forgive myself, make amends if necessary, and use my energy to do something useful.</p>
<p>My thoughts are driving me crazy.</p>	<p>I can take charge of my thoughts. My many thoughts are clamouring for my attention—I accept that. I'll simply acknowledge that they're there and let them pass across my mind—like clouds in the sky—without engaging with them. Instead, I'll fill my mind space with a calming, healthy diversion.</p>

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I don't have confidence in myself.	My confidence will grow every time I try. So what if I don't do it perfectly? I'll do it imperfectly; and if someone else wants to judge me for my imperfection, I'll ignore them and celebrate my doing it despite my lack of confidence.
I'm alone in this.	There's someone I can connect with. Others may not know I'm feeling alone. It's up to me to reach out—to family, or a friend, or social services, or community support.
I don't deserve this.	I can make good use of this. This is actually an opportunity for me to grow on. I may not like it, and not want to stay in this situation, but I can make the best of it while I'm in it, instead of staying stuck as a poor-me victim.
I deserve this; it's my punishment.	I only deserve what's good for me. Even if I've made mistakes, or bad decisions, I deserve the opportunity to grow into the person I was born to be. Instead of being a martyr about this, I'll look at this not as punishment, but as opportunity to grow on.
My love for her isn't enough to help her.	She needs to first love herself. Other people's love can't replace self-love. What I can do is model self-love for her.

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<p>My problem is his fault.</p>	<p>My problem is mine to resolve. Blaming him for my problem is giving away my power to him to address my problem. To make sure my problem gets addressed, I'll assume responsibility to do what I can.</p>
<p>I'm a fraud.</p>	<p>I'm a unique, if faulty person. I've been putting pressure on myself to show up as perfect, or as if I have it all together, or to be someone I'm really not. Now, I'll choose to drop the mask and let the authentic me show up—warts and all.</p>
<p>Others wouldn't like the real me.</p>	<p>It's okay if not everybody likes the real me. It's human nature for each of us to like certain personalities and not others. It's much more rewarding for me to feel free being the real me that not everybody will like than it is pretending to be what everyone else would like me to be.</p>
<p>I resent this.</p>	<p>There's something positive about this. I don't have to like this, that's okay to admit; but, it's where I'm at right now. If I can't change my circumstance right now, I can change my attitude towards it and drop the resentment.</p>
<p>I'm not adequate—I'm not enough.</p>	<p>There's no one exactly like me. So what if I'm not perfect? I have something to offer in my own imperfect way that nobody else can. I won't judge myself, I'll be who I am. If others judge me as lacking, I'll ignore them.</p>

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<p>I don't have motivation.</p>	<p>I can create motivation. I'll check to make sure I have all three components of motivation: (1) self-confidence, (2) a clear, desired outcome, and (3) a detailed plan to achieve my outcome. I'll focus on whatever's missing.</p>
<p>I'm being used—I'm not respected.</p>	<p>I'll develop healthy boundaries. Then others can clearly see my limits and will less likely take me for granted or encroach into my physical, mental or emotional space. Knowing my boundaries, I can honour them.</p>
<p>It's hopeless.</p>	<p>It's worth a try. So what if I've already tried everything and failed? Most of the greatest success stories have to do with trying again and again and again and again after each and every failure.</p>
<p>I'm afraid.</p>	<p>I'll act in spite of my fear. Having courage doesn't mean I'm not afraid; it means, I'll do it even if I am afraid. The more often I stand up for myself, or do what I need to do even though it's frightening, the stronger and less afraid I'll become to do similar things in the future.</p>
<p>I don't believe in myself.</p>	<p>I'll fake it until I can make it. I'll act like I have confidence, competence, and optimism until those things become real for me. This "acting as if" will help me actually change my thinking and behaviours. Aristotle knew this a long time ago when he said "to be virtuous, one must act as a virtuous person would act".</p>

