

uniquely ME!

THE REAL DEAL



the pma test

ANSWER KEY

YOUR SCORE

NUMBER OF (A) _____

NUMBER OF (B) _____

FOUR OR MORE A'S

Beware! Downer thoughts and actions have invaded you and are in control. And they are probably not making your life any easier or happier. Take control of these negative thoughts and get back in the drivers seat by practicing PMA!

FOUR OR MORE B'S

You've got PMA! You are in control of what you say and do and have a healthy outlook on life.

pma practice

IS YOUR NEGATIVE ATTITUDE GETTING THE BETTER OF YOU?

STOP! You can change the tape that's playing in your head. How? Here are some examples:

- You forgot to bring your homework to school. If you start to think "I'm always messing up," STOP. Replace that thought with "I made a mistake. Everyone does. I will start to put my assignments in my backpack as soon as I finish them."
- Your parents won't let you go out with your friends without knowing where you are going and what time you will return. If you start to think "My life is so unfair," STOP. Replace the thought with "I don't always agree with my parents, but I know they are looking out for me. At least I get to go out in the first place."
- You see a great dress in a store window. You try it on, but it doesn't look very good on you. You start to think, "I'll never look the way I want." STOP. Replace that thought with, "This is not the right style or cut for my type of body. I'm not a mannequin!"