

# THINKING PATTERNS

**MS. REWA. GODBOLE**  
**M.A. PSYCHOLOGY (COUNSELLING)**  
**(COUNSELLING PSYCHOLOGIST)**



# POSITIVE THINKING



# NEGATIVE THINKING



# ↑ POSITIVE | NEGATIVE -THINKING ↓

- **USE POSITIVE WORDS WHILE TALKING.**
- **REMOVE ALL THOSE NEGATIVE THOUGHTS FROM YOUR MIND.**
- **USE WORDS WHICH GIVE MORE STRENGTH AND MOTIVATION.**
- **ACCEPT MISTAKES.**
- **ANALYZE WHAT WENT WRONG.**
- **FORGIVE YOURSELF.**
- **THINK OF A FAILURE AS AN OPPORTUNITY.**



# THANK YOU



**COUNSELLOR REWA**  
RESOLVING THE UNRESOLVED

## COUNSELLING SERVICES


Child | Adult  
Parental | Marital  
Family | Career


## TESTING SERVICES


IQ | Aptitude  
Interest | Personality

**Rewa Godbole**

B.A. (Psychology), M.A. (Counselling)

 **+91 97698 19076**

 18/B, Mayoor Society, MTNL Marg,  
Near Portuguese Church, Dadar (w),  
Mumbai- 400028, Maharashtra, India.

 [rewa@counsellorrewa.com](mailto:rewa@counsellorrewa.com)

 [www.counsellorrewa.com](http://www.counsellorrewa.com)