

Sunny's Positive Reframing List during his session in response to these two questions::

1. What does you your "Approval Addiction," along with your negative feelings and thoughts, show about you that's positive and awesome?
 2. What are some benefits, or advantages, of your negative feelings and thoughts, including your "Approval Addiction"?
1. Anxiety and other negative feelings make me cautious, so I do the right thing and don't get in trouble.
 2. People will like me because I will be good at pleasing them.
 3. Honor my family's values
 4. Shows that I want close relationships with others.
 5. Shows that I'm humble.
 6. Gives me direction in my life.
 7. Has helped me accomplish a lot.
 8. I won't / don't get punished!
 9. I get rewarded.
 10. Reduced tension when I please people.
 11. The anxiety shows that I'm going to the next level in my life!
 12. I'm independent and resilient.
 13. I want to learn and grow.
 14. High standards.
 15. Personal growth.
 16. I'm challenging myself.
 17. My anger is justified at all the parents who are telling their children that they must do A, B, and C instead of learning to be independent and do their own thinking and pursue their own paths in life.