

## Research on Positive Thinking

To learn to identify positive “thinking,” you can first identify positive “talking” or positive “comments.” What we say is based on what we think. Get involved in a research project to learn about what people are thinking by listening to what they are saying. As a researcher, you will collect data or information by listening to what people say in two different situations described below:

- 5-minute observation of 2 segments of one TV sitcom or 2 different TV sitcoms (network shows between 8:00-9:00pm - no commercials) to chart comments or dialogue from the character.

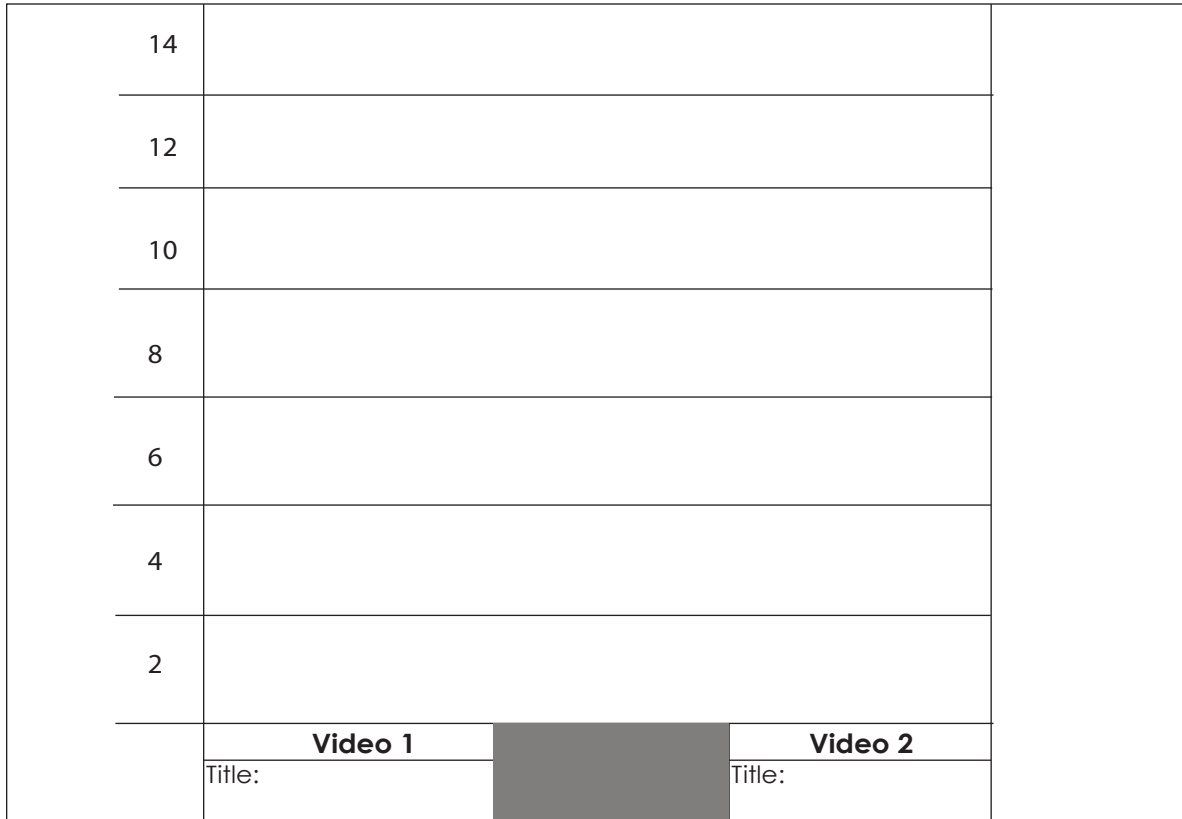
During your observation, keep quiet and listen carefully to the comments you hear from others. Each time you hear a positive comment (see example below) you will make a tally mark on the “Positive Comments Data Sheet.” As part of your research project you will use this information to make a bar graph.

- **Examples of Positive Comments:** You're looking great!; That's cool!; I like the way you...; Good Job!; Great!; Hey, Way To Go!; That's Right!; You did it!; You are so smart!; Wow!; Hey look at what \_\_\_ did!; You're the best!; Go for it!; Amazing!; Awesome!; You can do it!; You're a winner!; Wow, that was “tight”!; Wow, that was “crazy”!; It's delicious!; I just love the way....; and other current positive words and phrases.

Positive Comments Data Sheet
<b>Video 1</b> (5-minutes) Make a mark for each positive comment you hear
<b>Video 2</b> (5-minutes) Make a mark for each positive comment you hear

## Positive Comments Bar Graph

**Directions:** Count the total “tally” marks from your data collection sheet for each event. Draw a bar on the graph above to show the total number of positive comments for each event.



**Answer the following questions:**

1. Which event had more positive comments? ☐ Video 1    ☐ Video 2

2. As a “Researcher” explain or hypothesize why you think this is true?

---



---

3. Think about one of your observations - do you think you heard more positive comments or more negative comments? ☐ Positive    ☐ Negative

4. As a “Researcher” explain or hypothesize why you think this is true?

---



---