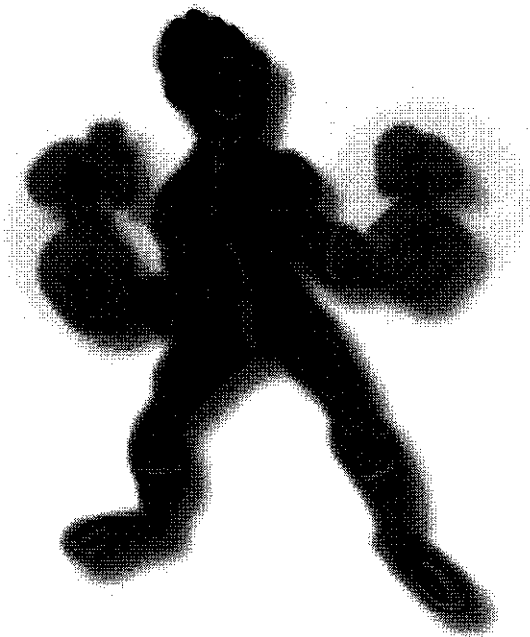


POSITIVE SELF-TALK

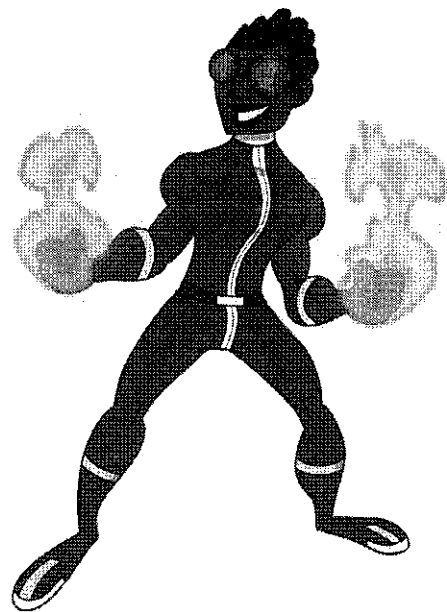
Self-talk is the thoughts that are running through your head – they're automatic and everyone has them. Sometimes you can have negative self-talk that pulls you down into fear, anger, or worry. Negative thoughts come from our Shadow Self, and they can be very powerful. But positive self-talk is powerful too, especially when you practice and strengthen them!

Below on the left, your Shadow Self is saying negative things to you. Think of a stronger, positive self-talk response to fight the negative thoughts that your Shadow Self is throwing your way! Write your responses on the lines to the right.

Negative Self-Talk Shadow Self



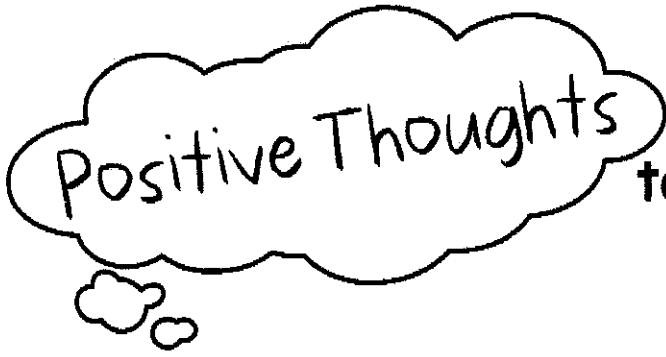
Positive Self-Talk Super Hero Self



1. You're not smart enough to solve this problem.
2. I'm just not good at reading.
3. I'll never finish this assignment. I'm such a slow worker.
4. I've never done that before. I'm too scared.
5. They won't want to be my friend, so I'm not even going to try to talk to them.
- 6.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Name: _____



Draw a line from each feeling to a positive thought that can help you feel better.

Feeling

Positive Thought

When I feel nervous

"I'm going to get better at this."

When I feel frustrated

"I am a great student."

When I'm disappointed

"I can get through anything."

When someone is mean

"I get better every single day."

When I'm left out

"I have courage and confidence."

When I feel discouraged

"I believe in myself."

"I am proud of myself."

"I am a great friend."