

Names: _____

Self-Talk

Instructions: Carefully read the examples of self-talk. Individually or in a small group, practice transforming these examples of negative self-talk into neutral or positive self-talk. You can do either neutral or positive OR both. Pick what works best for your group.

Example	Transformation
"I'm going to fail this test."	<u>Neutral:</u>
	<u>Positive:</u>
"I'll never be able to hit that high note."	<u>Neutral:</u>
	<u>Positive:</u>

"I'm always so awkward in social settings."	<u>Neutral:</u>
	<u>Positive:</u>
"My voice sounds terrible compared to theirs."	<u>Neutral:</u>
	<u>Positive:</u>