

Self-talk *(slides here)*

Negative:

"I don't like this."
 "This is boring / useless."
 "This is too hard."
 "I can't do this."
 "I've never been good at _____".
 "I'm just not a _____ person."
 "Other people will laugh / think worse of me."
 "I'm so bad." / "I can't do anything right."



Positive:

"This will help me achieve my goal / outcome, _____."
 "Hard things help me grow."
 "I am getting stronger."
 "I'm already improving."
 "I can do this if I keep trying."
 "I can start to change now."
 "I know people who can help me."
 "Nobody is perfect, but I can do my best!"

Self-talk in my life: *(Mrs. M's example here)*

When do I successfully use positive self-talk?	examples of my positive self-talk:	out/in?

When do I have negative self-talk?	my negative self-talk:	out/in?	evidence it's not true:	positive self-talk to try instead: