Lesson 6: Talk To Yourself Like a (Really Good) Friend - Self-Talk Practice

Put a check next to the examples of POSITIVE self-talk. Put an X next to the examples of NEGATIVE self-talk.

I’m the only one who doesn’t know how to do this.  
I can do this!

Even if that kid won’t be my friend, other kids will.  
I have friends here.

I didn’t do well this time, but I gave it a try.  
This is too hard for me.

Oh, I missed that one. But I’ll be ready for the next one.  
I always say the wrong thing.

I can talk to my teacher and ask for help.  
Mom can help me figure out what to do.

If I study, I can learn all these spelling words.  
I’m the worst player on this team.

I can’t try out — everyone will make fun of me.  
I’ll never get this math!

Ugh! I can’t believe I made that mistake.  
This math is hard, but I can learn it if I get some help.

Whatever happens, I can deal with it.  
I’m just not a good reader.

I’m such a loser.  
I’m not the best reader, but I’m getting lots better.

No one will want to sit with me.  
If I practice, I’ll get better at this.

I studied for this test — I’m as ready as I can be.  
Stand strong, take it easy, focus, and go for it!

I’m going to fail this test.  
I can take a calm breath — I’m OK.

I’ll never be any good at this.