



## 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.

- |                       |  |                       |   |
|-----------------------|--|-----------------------|---|
| <input type="radio"/> | I'm the only one who doesn't know how to do this.          | <input type="radio"/> | I can do this!  |
| <input type="radio"/> | Even if that kid won't be my friend, other kids will.      | <input type="radio"/> | I have friends here.                                      |
| <input type="radio"/> | I didn't do well this time, but I gave it a try.           | <input type="radio"/> | This is too hard for me.                                  |
| <input type="radio"/> | Oh, I missed that one. But I'll be ready for the next one. | <input type="radio"/> | I always say the wrong thing.                             |
| <input type="radio"/> | I can talk to my teacher and ask for help.                 | <input type="radio"/> | Mom can help me figure out what to do.                    |
| <input type="radio"/> | If I study, I can learn all these spelling words.          | <input type="radio"/> | I'm the worst player on this team.                        |
| <input type="radio"/> | I can't try out — everyone will make fun of me.            | <input type="radio"/> | I'll never get this math!                                 |
| <input type="radio"/> | Ugh! I can't believe I made that mistake.                  | <input type="radio"/> | This math is hard, but I can learn it if I get some help. |
| <input type="radio"/> | Whatever happens, I can deal with it.                      | <input type="radio"/> | I'm just not a good reader.                               |
| <input type="radio"/> | I'm such a loser.  | <input type="radio"/> | I'm not the best reader, but I'm getting lots better.     |
| <input type="radio"/> | No one will want to sit with me.                           | <input type="radio"/> | If I practice, I'll get better at this.                   |
| <input type="radio"/> | I studied for this test — I'm as ready as I can be.        | <input type="radio"/> | Stand strong, take it easy, focus, and go for it!         |
| <input type="radio"/> | I'm going to fail this test.                               | <input type="radio"/> | I can take a calm breath — I'm OK.                        |
|                       |  | <input type="radio"/> | I'll never be any good at this.                           |