

Name: _____

POSITIVE SELF-TALK

Self-talk refers to all the messages we send to ourselves about ourselves. If you constantly give yourself negative self-talk, it can make you feel anxious, depressed and stressed. All that negativity can lead to poor results. On the other hand, if you make a point of giving yourself positive self-talk, it can make you feel capable and optimistic, leading to positive actions and outcomes.

Here are some examples of negative and positive self-talk.

Situation: *Your average in math is barely passing.*

Negative Self-Talk

Message	Feelings	Action
"I'm no good at math."	Discouraged; defeated.	Study half-heartedly; approach the test fearfully.

Positive Self-Talk

Message	Feelings	Action
"I can get better at math."	Determined; tenacious.	Study hard; approach test confidently.

Situation: *You say "hi" to your friend. Your friend walks right past you without responding.*

Negative Self-Talk

Message	Feelings	Action
"I guess he/she isn't my friend after all."	Embarrassed; rejected.	Avoid him/her from now on.

Positive Self-Talk

Message	Feelings	Action
"That's my friend. I wonder what's up?"	Curious; puzzled.	Ask your friend what's going on.