

Name: _____

THE POWER OF POSITIVE SELF-TALK

For each of the following situations, write negative and positive messages, feelings, and actions. Examples are in the *Positive Self-Talk* fact sheet.

- 1.** Your team lost in the semifinals by two points.

Negative Message:

Positive Message:

Negative Feelings:

Positive Feelings:

Negative Actions:

Positive Actions:

- 2.** You got a haircut that you hate.

Negative Message:

Positive Message:

Negative Feelings:

Positive Feelings:

Negative Actions:

Positive Actions:

- 3.** The person you invited to a dance turned you down.

Negative Message:

Positive Message:

Negative Feelings:

Positive Feelings:

Negative Actions:

Positive Actions:

This activity is continued on the next page.

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4. By the lockers, some kids called you ugly.

Negative Message:

Positive Message:

Negative Feelings:

Positive Feelings:

Negative Actions:

Positive Actions:

5. You studied hard for the test, but you got a terrible grade.

Negative Message:

Positive Message:

Negative Feelings:

Positive Feelings:

Negative Actions:

Positive Actions:

6. After the tryouts, your friend got chosen, but you didn't make the team.

Negative Message:

Positive Message:

Negative Feelings:

Positive Feelings:

Negative Actions:

Positive Actions: