

Name: _____

SELF-TALK: WRITE A SCRIPT

In the program, you saw actors using positive self-talk to help them get through difficult situations. For the two situations below, create your own scripts for positive self-talk that would help you if you were in the situation described. Then share your scripts with a partner.

SITUATION ONE: Someone you don't know very well walks up to you and says in a loud, hostile voice: "I heard what you said about me, liar!" You never said anything about this person.

My first reaction probably would be:

Here is something positive I could tell myself in my head:

SITUATION TWO: Your teacher scolds you for not handing in your homework. You definitely did your homework, and you are absolutely sure you turned it in.

My first reaction probably would be:

Here is something positive I could tell myself in my head:
