POSITIVE SELF-TALK

Self-talk is the thoughts that are running through your head – they’re automatic and everyone has them. Sometimes you can have negative self-talk that pulls you down into fear, anger, or worry. Negative thoughts come from our Shadow Self, and they can be very powerful. But positive self-talk is powerful too, especially when you practice and strengthen them!

Below on the left, your Shadow Self is saying negative things to you. Think of a stronger, positive self-talk response to fight the negative thoughts that your Shadow Self is throwing your way! Write your responses on the lines to the right.

1. You’re not smart enough to solve this problem.
2. I’m just not good at reading.
3. I’ll never finish this assignment. I’m such a slow worker.
4. I’ve never done that before. I’m too scared.
5. They won’t want to be my friend, so I’m not even going to try to talk to them.

Positive Self-Talk
Super Hero Self

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________