**SELF-TALK WORKSHEET**

**Changing your Self-talk from Negative to Positive**

In many situations, the only thing we can control is our own response. Changing self-talk from negative to positive is an effective way to manage that response and avoid conflict.

**Naming**

We all name our experiences. “Crisis,” “bad as usual,” “a great challenge” are names you might give to things that happen.

1. Pick a recent upsetting experience. Describe it in a few words:

2. Is there a positive name you could give it? (Learning experience, opportunity to change, etc.)

3. What would you say to someone who shares with you a similar situation? What other positive name or thoughts could you give them?

**Letting Go**

We often must let go of our expectations, situations and people or parts of our life. Letting go allows you to get on with your life when something is over.

1. Write down two things you need to let go of:

2. Imagine that these things going out of your life. How do you feel? (Sad, angry, relieved, etc.,)

3. Who can you tell about your feeling?

4. What advice would you give to someone who is in your situation?

**Belief and Faith**

Name 10 positive things you believe in about yourself people and/or the world. If you can’t think of 10 beliefs, ask other people for theirs.

Self-talk reflects our belief in who we are or in the world around us. A positive faith can help you during stressful times.

Describe a recent experience and how you used one of these beliefs to help you.

**Silent Support**

We all have a constant stream of silent talk in our minds. This can be a great support, or a weight on our shoulders.

Close your eyes. What is your silent talk saying right now?

Write three negative messages you often hear:

Write their opposites as positive messages.