

# Positive Self Talk

**Objective:** To build upon your understanding of what positive self talk is, how it can be helpful and situations to practice.

## Main Ideas:

- Positive self talk is a strategy used to help yourself through difficult moments.
- It refers to the way we think or speak to ourselves.
- It can be used any time I find something difficult, am facing a challenge, or am unsure of myself.
- Positive self task contributes to a proactive stance in life and resilient functioning.

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## Examples of Positive Self Talk Statements:

- I can handle this.
- I've done this before.
- I can do hard things.
- I'll keep getting better.
- I am in charge of my choices.
- Challenges mean I'm learning.
- Without challenges, I can't improve.
- It's okay to feel how I feel.

## Situations to practice

- You have a big test coming up. What can you say to yourself before hand?
- You said something you didn't mean. What can you say to yourself?
- You didn't do as well as you hoped on a project.
- It's the first day of soccer on your new team.
- You are trying out for swim team.
- Your partner for your school project isn't helping as much as you had hoped.

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**PLAY SPOT THE DIFFERENCE. WHO CAN RECOGNIZE WHAT IS DIFFERENT ABOUT THESE THINKING PATTERNS AND WHY ONE MIGHT BE MORE HELPFUL THAN THE OTHER?**

- **Spot the thinking difference:**
  - This test is going to be so hard.
  - This test is going to be hard so I will prepare a little extra and meet with my teacher to ask questions.
- **Spot the thinking difference:**
  - She's never going to forgive me. I shouldn't have said that.
  - I shouldn't have said that. I'll talk to her and let her know that I didn't mean to be hurtful.
- **Spot the thinking difference:**
  - That didn't go as well as I had hoped. I'll look over what didn't go as well so I can improve next time.
  - That didn't go well. That teacher is the worst. I worked hard on that.
- **Spot the thinking difference:**
  - New things are so scary. This is going to be rough.
  - Most people find first days to be a little awkward. I love this sport and I know it'll feel more comfortable as I go along.
- **Try to do the last 2 situations from page 2 yourself, choosing thinking that might make you feel in control and help you take steps to solving the problem.**