

Positive Self-Talk vs. Negative Self-Talk

Positive self-talk are the things we tell ourselves that are encouraging and positive. Positive self-talk helps encourage us to try new things when we feel nervous or scared.

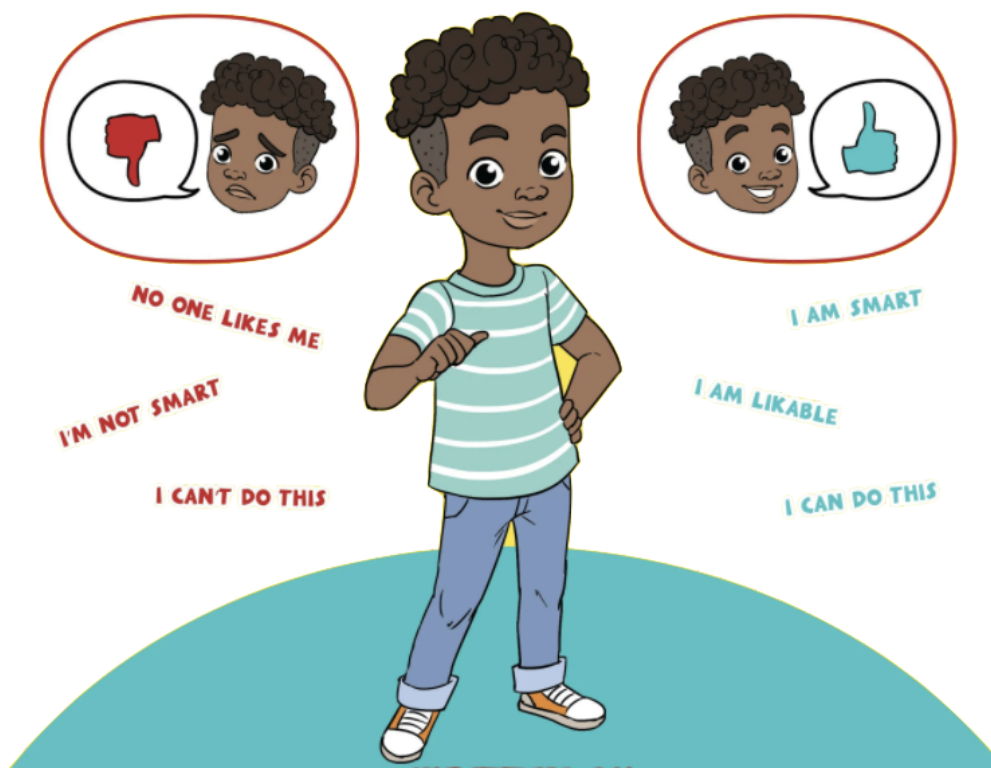
Some positive self-talk statements we can tell ourselves are:

- You can do it
- My best is good enough
- It is the effort that counts
- I'm going to give it my best shot
- It's ok to make mistakes, that is how I learn!

Negative self-talk are the things we tell ourselves that are defeating and negative. Negative self-talk keeps us from trying new things and keep us in a state of fear.

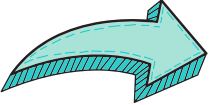
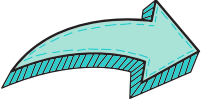
Some negative self-talk statements we may say to ourselves are:

- I can never do anything right
- I will never be able to learn this
- I will never be able to do this, so why even try?
- I'm so stupid
- I might get hurt or fail so it's better to not even try



I can use positive self-talk!

Directions: Using the situations below, change the negative self-talk into positive self-talk. Try using your positive self-talk statement next time you have one of the situations below happen to you!

Situation:  Negative self-talk:  Positive self-talk:

Doing something
you have never
tried before

"I am scared"

Meeting
someone new

"They won't
like me"

Tasting something
you have never
tried

"I won't like it"

Trying
something that
seems hard

"I can't do it"