

Practicing Positive Self-Talk

PURPOSE

How you talk to yourself has an influence on how you feel and think about yourself. By changing the way you use your inner voice or self-talk, you can start to see things positively and look for the good in every situation.

INSTRUCTIONS

Below are negative words you might use to describe yourself or that others may have used when talking about you. Circle as many words as you like that describe you. Then cross off any words you circled that you consider to be negative and use the positive words to write new messages about yourself.

Anxious	Lazy	Sad
Confident	Lonely	Smart
Gentle	Messed up	Smiley
Hardworking	Moody	Stubborn
Helpful	Popular	Tough

Write your new positive messages here:

Are there any other words you would use to describe yourself?