

Healthy Self Talk

This...

Whoops, I made a mistake

I LIKE ME

I did something bad

This is really hard but I'm going to keep trying

I haven't figured it out yet

I am good enough and I am worthy

Not This...

I'M SO STUPID

No one likes me

I'M A BAD PERSON

I give up, I'll never be able to do this

I never get anything right

I'm not good enough

Healthy Self Talk

What is healthy or positive self talk.

How often do they use the negative self talk and how easy is it for us to do that all of the time rather than the positive?

Can they think of any other negative things we may say?

Encourage them to make the switch.