

SELF-TALK WORKSHEET

Changing 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 excellent way to manage that response and stress.

Naming

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

Pick a recent upsetting experience. Describe it in a few words. _____

Is there a positive name you could give it? (learning experience, chance to change, etc.) _____

List the names you gave to five recent experiences, good or bad. _____

If they happened to someone else, what other positive names could you give them? _____

Letting Go

You often must let go of dreams, people or parts of your life. Letting go allows you to get on with your life when something is over.

Write down two things you need to let go of. _____

Imagine that each one is really going out of your life. How do you feel? (sad, angry, relieved, etc) _____

Who can you tell about your feeling? _____

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

Belief and Faith

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

Name 10 positive things you believe in about yourself people or the universe. If you can't think of 10 beliefs, ask other people for theirs. _____

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