Stress Management

Lesson 6: Self-Talk Worksheet

How does self-talk work? Self-talk is you internal dialogue. It’s influenced by your subconscious mind, and it reveals your thought, beliefs, questions, and ideas. Self-talk can be both negative and positive. It can be encouraging and it can be distressing.

Purpose: This activity is to encourage students to become aware of their thoughts, what they mean and how to change negative thoughts into positive thoughts.

Directions: In the boxes below tell about both negative and positive self-talk.

What are the voices in my head saying?

Negative Self-Talk

|  |
| --- |
| What thoughts stop me from doing my best? |

Positive Self-Talk

|  |
| --- |
| What thoughts keep me going so I can do my best? |

“I can and I will.” The thoughts that students believe have a direct impact on their behavior and learning.

Remember: You must accept that there are some things you cannot change.

But you can change how you think about things.