

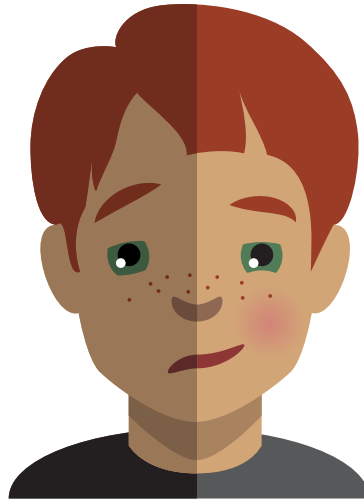
Self Talk



We have a match on Saturday, I know we will lose.

I have practiced hard, we will win the match!

Negative Self Talk



Positive Self Talk

Discuss the statements below and give an example of **negative** self-talk:

Then, replace it with **positive** self-talk:

I really want a puppy.

.....

I wish I were taller.

.....

Paul's hair is so cool.

.....

Name:

Date: