



Self Talk



Self talk is how we talk to ourselves or about ourselves.



Self talk matters because we spend more time with ourselves than we do with other people.



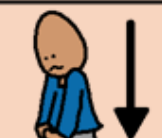
This means what we think about ourselves matters.



When we hear something over and over again, we start to believe it.



If we hear positive things about ourselves, we feel better about ourselves.



If we only hear negative things, we begin to only believe negative things about ourselves.



When this happens, we lose confidence.



We lose trust when people say positive or nice things about us.



We stop sharing ideas or making suggestions because we don't think we matter.



We can become very sad.



Positive self talk is important.





Self Talk



"I'm so ugly."



Stop! Focus on one small thing about yourself that you like.



"My hair/eyes look good today."



"I'm stupid."



Stop! Laugh off what has happened,



"Oh I can't believe I did/said that! That is hilarious!"



"I am always wrong,"



Stop! Focus on what you have learned from this mistake.



"Now I know how to do this the next time."



"No one likes me."



Stop! Focus on what you like about yourself.



"I am a good person and I like that I am patient/kind."



Remember, if you wouldn't say it to a friend, don't say it to yourself.

