



## Positive Self Talk

Negative self-talk (the thoughts you dwell on) can pull you down into anger, fear, anxiety. Positive self-talk can combat those negative thoughts. For each negative thought below, write a positive thought that can combat it. In the blank space at the bottom, write your own negative examples and then combat them.

Negative Self-Talk

Positive Self-Talk

No one likes me.

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I'm not good at school work.

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I'm scared to try.



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