



SELF-TALK IS...

HOW YOU SPEAK TO YOURSELF.

Self-talk is the "inner voice" or the conversations you have with yourself in your head, like a mental narrator for your day.

It helps you solve problems, stay focused, and manage emotions.

It builds confidence and helps you handle tricky challenges.

LISTENING TO YOUR INNER VOICE

UNHEALTHY SELF-TALK

Any negative thoughts and feelings you say to yourself.

This Can Sounds Like:

"I am such a mess."

HEALTHY SELF-TALK

The positive thoughts and feelings you say to yourself.

This Can Sounds Like:

"I am strong enough."

SELF-TALK SHIFT

Turning unhealthy thoughts and feelings about yourself into healthy, positive ones.

This Can Sounds Like:

"I have so much homework to do but I know I can get it done."

SELF-TALK SHIFT



**NEGATIVE THINGS
I TELL MYSELF...**

**A KINDER WAY
TO SAY IT...**



**WRITE DOWN SOMETHING NEGATIVE YOUR INNER VOICE IS SAYING,
AND FLIP IT INTO SOMETHING KINDER.**