

# Positive Self-Talk

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Self-talk: the thoughts running through your head.**

Sometimes you can have negative self-talk that pulls you down into fear, anger, or worry. Negative thoughts come from our Shadow Self, and they can be very powerful.

But positive self-talk is powerful, too, especially when you practice and strengthen it.

## Negative Self-Talk Shadow Self



## Positive Self-Talk Super Hero Self



**Above on the left, your Shadow Self is saying negative things to you. Think of a stronger, positive self-talk response to fight the negative thoughts your Shadow Self is throwing your way! Write responses from your Super Hero Self.**

1. I'm not smart enough.

1. \_\_\_\_\_  
\_\_\_\_\_

2. I'm not good at reading.

2. \_\_\_\_\_  
\_\_\_\_\_

**Negative Self-Talk  
Shadow Self**



**Positive Self-Talk  
Super Hero Self**



3. I'm so slow, I'll never finish this homework on time.

3. \_\_\_\_\_  
\_\_\_\_\_

4. I've never done this before and I'm too scared to try.

4. \_\_\_\_\_  
\_\_\_\_\_

5. They will not want to be my friend - I'm not even going to try to talk to them.

5. \_\_\_\_\_  
\_\_\_\_\_

**Now write negative thoughts your Shadow Self tells you. Then write stronger, positive self-talk responses from your Super Hero Self!**

6. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

8. \_\_\_\_\_  
\_\_\_\_\_

8. \_\_\_\_\_  
\_\_\_\_\_