

Practice Positive Self Talk

Worksheet

INSTRUCTIONS

For each situation, think of a positive, empowering statement you can say to yourself.

1. You made a mistake at work/school.

2. You asked someone out on a date and were rejected.

3. You receive some constructive criticism that you weren't expecting.

4. Someone else got the promotion/position you were hoping to get.

5. You're stressed and overwhelmed by your to-do list.

6. You got tongue-tied or misspoke while chatting with other people and feel embarrassed.

7. A friend of yours betrayed your trust or ditched you unexpectedly.

8. You tried something you've never done before.

9. You don't like the way your hair looks in the mirror.

10. A loved one says they need to talk.
