



POSITIVE SELF-TALK

NEGATIVE SELF-TALK	POSITIVE ALTERNATIVE
"I'm never going to be able to do this."	"If I take manageable steps, I can do this."
"This is going to turn out bad."	"I will try to do the best I can."
"I hate it when this happens."	"This has happened before. I can deal with it."
"I MUST get this done."	"I SHOULD get this done."
"It must be done my way."	"My way is not the only way to do things."
"Why are they never on time?"	"Things happen. People don't purposely do things to irritate me."
"He did this on purpose."	"People make mistakes. It was likely an accident."
"He is such an idiot. He never does anything right"	"Maybe I should help him rather than complain."
"I can't stand how she always talks to me like this"	"She is probably having a bad day. Maybe I should ask if everything is okay."
"Everything I do is wrong."	"I will try harder in the future."
"I just made a mess of everything."	"I will plan better next time."
"I better not try this. I would make a fool of myself."	"This is a great opportunity to learn something new."
"This is too complicated."	"I should ask for help."
"No one wants to be my friend."	"I'll approach someone and talk to them."
"They never want me around."	"I will talk to them to find out why."