



Lesson 6: Talk To Yourself Like A (Really Good) Friend - How Can Self-Talk Help me?

Make sure your self-talk is believable and true.

Here's a tip if you are trying to change negative self-talk into something positive:

You want to change your self-talk, but keep it real.

Let's say your negative self-talk goes like this: "I'm the worst player on this team. I'll probably get cut."

It might not be true to tell yourself, "I'm the best player on the team." Maybe you're not the best player. Maybe you're not the worst, either. Self-talk is not about fibbing to yourself or ignoring what's true. It's using a kinder, but realistic way to say what's true.

So you might replace the negative self-talk with something like this: "I might not be the best player, but I can work hard to improve. I'll keep practicing and do my best."

We talk to ourselves all the time. That little voice in our mind is called self-talk.

The way we talk to ourselves matters.

Positive self-talk.

- It's best to talk to yourself in positive ways.
- Positive self-talk helps you feel good about yourself. It helps you feel confident, encouraged, hopeful, or ready.
- Thinking and feeling good about yourself helps you try hard and do your best. Even when things go wrong, you can still talk to yourself in a friendly way.
- Think of positive self-talk as the way you'd talk to a good friend — or the way you'd want a good friend to talk to you.

Negative self-talk.

- It's not good to talk to yourself in negative ways.
- Negative self-talk makes you feel bad about yourself. It makes you feel worried, stressed, and down on yourself.
- Thinking and feeling bad about yourself makes it hard to do well. It can make you give up or not try. Even when things go wrong, it doesn't help to be hard on yourself or critical. At times like this, you really need a kind word.
- If you say things to yourself that you would never say to a friend, that's negative self-talk. You can also think of it as something you wouldn't want a friend to say to you.

Self-talk is all up to you!

- Everyone has the power to improve their self-talk.
- The first thing is to notice the way you talk to yourself.
- If you notice a negative thing you say to yourself, write it down like a sentence.
- Now, think of a better way to say it — a way that's kinder, friendlier, or more encouraging.
- Write down the new self-talk sentence.
- Say it to yourself a couple of times to get used to it.
- Practice using the friendlier way to talk to yourself as often as you can.