

Changing Mind Talk

In the chart below, fill in two different situations you might experience that might make you say negative things to yourself. Show what would happen if you used negative mind talk and then try changing the negative mind talk into more positive language and see how your attitude changes.

Example situation: I didn't get invited to a party with the popular kids.

Negative mind talk	Resulting behavior	Resulting feelings	Outcome
Nobody likes me. I'll never have any friends.	Withdraw; do something to get even with the snobs	Rejected, lonely, depressed, angry	Fewer friends than before; hang out with kids in trouble
Positive mind talk	Resulting behavior	Resulting feelings	Outcome
I can find other friends.	Get involved in other activities; reach out to other people, especially friends	Hopeful, interested, positive, motivated	More friends and fun than before; new interests and activities

Situation 1:

Negative mind talk	Resulting behavior	Resulting feelings	Outcome
Positive mind talk	Resulting behavior	Resulting feelings	Outcome

Situation 2:

Negative mind talk	Resulting behavior	Resulting feelings	Outcome
Positive mind talk	Resulting behavior	Resulting feelings	Outcome