

Negative vs. Positive Self-Talk

Sometimes, when we're angry, we say mean things to ourselves. We have thoughts such as, "I can't do this!" or "I'm not good enough!" This is called negative self-talk.

If you notice this happening, you can pause, take some deep breaths, and switch to positive self-talk.

Here are some examples of positive self-talk:

"It's okay to make mistakes"

"I can handle this"

"I believe in myself"

"I can do my best and that is enough"

"I accept myself"

Can you give more examples of positive self-talk that you can use in the future?



Credits



[Alina V Design and Resources](#)

-Thank you for the border!



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-Thank you for the arrow!

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