

Self-talk

The way that you talk to (and about) yourself matters. How kind are you to yourself? This sheet will give you a few ideas to help you to improve your self-talk.



Instead of this...

Try saying this...

I am rubbish at this!

Maybe I need to ask for help or try doing this another way.

I failed.

I gave it my best shot, and I can always try again.

I don't understand this!

I don't understand this...yet!!

I am not good enough.

I don't need to be perfect, I just need to do my best.

If in doubt, ask yourself...

Would I allow my friend to say this about themselves?

If not, what would I say to them instead?