



1-3 Brainstorm Activity to Practice Positive Self-Talk

In this activity, you will practice changing your automatic scary thoughts into positive self-talk. This will help you cope with uncomfortable feelings during stressful situations.

Automatic thoughts are negative thoughts that make you feel worse when you are in a stressful situation. Some examples are “I’m stupid” or “Nobody likes me.”

Positive self-talk is a mindful choice you make to fight back against the automatic thoughts. An example is “I will ask my teacher for help with this math” or “I am a good person and I will find something to do during recess.”

Scenario One

You have to perform in a school play tomorrow in front of other kids. It’s bedtime and you can’t sleep. You are feeling anxious about the performance, and your mind is racing.

Your Automatic Negative Thoughts: (Write these down or say them to a trusted person).

Positive Self-Talk to Replace Negative Thoughts: (Write down or say aloud).

Scenario Two

You have just arrived at a birthday party and you don't know anyone except the child whose birthday it is. You don't want to go into the party because you feel scared.

Your Automatic Negative Thoughts: (Write these down or say them to a trusted person).

Positive Self-Talk to Replace Negative Thoughts: (Write down or say aloud).

Scenario Three

You have to take a test in a subject that is hard for you. It could be reading; it could be math; it could be science or a language. You are worried about how you will do.

Your Automatic Negative Thoughts: (Write these down or say them to a trusted person).

Positive Self-Talk to Replace Negative Thoughts: (Write down or say aloud).

Scenario Four

A friend is angry at you because you had a fight. You are scared about seeing the friend tomorrow, and you want to pretend to be sick so you can stay home.

Your Automatic Negative Thoughts: (Write these down or say them to a trusted person).

Positive Self-Talk to Replace Negative Thoughts: (Write down or say aloud).

Can you create any other scenarios? Practice writing them here: