



HELPFUL SELF-TALK



Notice the words • Choose kind words • Try again



The words we say to ourselves can change how we feel and what we do next. Helpful self-talk means using kind, brave, and realistic words when something feels hard.

1 What happened?

Write or draw the situation.



2 What did I say to myself?

What words popped into my mind?



Example: "I can't do this." "I am bad at this."
"Everyone will laugh."

3 How did those words make me feel?



- | | |
|--------------------------------------|---------------------------------------|
| ☐ Worried | ☐ Frustrated |
| ☐ Sad | ☐ Nervous |
| ☐ Angry | ☐ Stuck |
| ☐ Embarrassed | ☐ Other: _____ |

How big was the feeling?

1	2	3	4	5
☐	☐	☐	☐	☐
Small				Big

4 Is this self-talk helping me?



- ☐ Yes, it helps me feel calmer.
- ☐ No, it makes things feel harder.
- ☐ I am not sure yet.

5 What would I say to a friend?



If a friend felt this way, what kind words could I say?

Example: "You can try one step."
"It is okay to ask for help."

6 Helpful Self-Talk Swap



Unhelpful Self-Talk		Helpful Self-Talk
"I can't do this."	→	"I can try one small step."
"I always mess up."	→	"One mistake does not mean I always mess up."
"Everyone will laugh."	→	"I do not know that for sure. I can be brave."

7 My helpful self-talk sentence

Today I will practice telling myself:



8 What can I do next?



- | | |
|---|---|
| ☐ Take a calm breath | ☐ Take a short break |
| ☐ Try one small step | ☐ Try again |
| ☐ Ask for help | ☐ Talk it out |
| ☐ Use kind self-talk | ☐ Other: _____ |



Helpful self-talk does not have to be perfect.
It just needs to be kind, realistic, and helpful
enough to take the next step.

