

# Health 9/13/19

EQ: How can I turn negative self-talk into positive self-talk?

CW: Self Talk

HW: No HW

Note: No OWL lesson today because Ms.

# Agenda

- \* Positive self-talk

# THOUGHTS are **NOT** FACTS PRACTICE

When you put some space between you and your reaction, it changes your relationship to your thoughts—you can watch them come and go instead of treating them as facts.

If you're stuck on a negative thought, ask yourself:

1

### Is it true?

Often the answer is, "Well, yes." This is the brain initially reacting—the autopilot you live with and believe is you.

2

### Is it **absolutely true**?

Is this thought 100% accurate? Can you see the thought in a different way?

3

### How does **this thought make me feel**?

Notice any storylines you're holding onto, and name your feelings: *sad, angry, jealous, hurt.*

4

### What would **things be like if I didn't hold this belief**?

Imagine possible benefits to your relationships, energy levels, and motivation.

# Self-Confidence

- \* What is it?
- \* What activities require self-confidence?

# Table Groups

- \* On the large white paper, brainstorm a list of activities that require confidence and an acceptance of failure

# Positive Self-Talk

- ✦ Sports Psychology is a great example of the power of mind control.



# Imagine a calm spot



# Interrupting Negative Self-Talk

Situation	Negative self-talk	Positive self-talk
Example: Speaking to someone new	I'm dull. They won't want to talk to me.	I'm interesting. Maybe I'll make a new friend.



# Positive Self-Talk

- ✦ Rewrite the negative statements to be positive statements
- ✦ Be creative – not just opposites
- ✦ Choose ten statements to rewrite (this means you can skip 4 if they don't apply to you)
- ✦ Due in class today