Scenario 1 — Nico studied hard for a test, but still didn't get a good grade. He began to think to himself, "You're so dumb you can't even study and get a good grade. What's wrong with you? If everyone knew how long you studied, they would probably think you're stupid too."

Q1: What could Nico say to himself instead?

Q2: What are some things Nico could do to encourage himself?

Q3: What would you do in this situation?

Q4: If Nico talked negatively to himself all the time, what effect do you think it would have on him?

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Self-talk Scenario Slips

Scenario 2 — Melissa wants to try out for the volleyball team but is nervous.

Q1: What are some examples of positive self-talk Melissa could use?

Q2: Why would it be important for Melissa to talk to herself positively instead of negatively?

Q3: Can you think of a time where you used positive self-talk and it helped you?

Q4: How does positive self-talk help a person's self-esteem?