

Introduction  
to Positive Self-Talk  
+  
Reframing Negative  
Self-Talk

MODULE 3 TOOL #1

**TIME:** 8.5 minutes

**TEACHER PREP:**

- Ensure that each student has a piece of paper and a writing utensil.
- Be ready to share:
  - some of your self-talk patterns, and identify them as negative or positive
  - an example of how to reframe thought patterns (examples can be found in the script).

**WHAT STUDENTS NEED:** A piece of paper and a writing utensil

**OBJECTIVE:** Students will flip negative self-talk into positive self-talk.

## **INTRO TO POSITIVE SELF-TALK SCRIPT**

(READ ALOUD TO STUDENTS)

### **INTRO TO POSITIVE SELF-TALK MODULE (1 minute)**

How we talk to ourselves matters. Thinking “I’m a failure” versus “I’m disappointed but will do better next time” has a major impact on our mental health. Negative self-talk, like “I’m a failure,” is toxic; it’s associated with higher levels of stress and lower levels of self-esteem. Positive self-talk, on the other hand, is a great predictor of success: it reduces stress and anxiety, enhances creative problem-solving skills, and improves happiness.

Our third and final module is called Positive Self-Talk, and it’s part of ASSET’s program because we all fall into the trap of repeating negative thoughts in our heads. People can tell us to speak positively about ourselves, but it can be hard to do without concrete strategies. In this module, we’ll learn those strategies, and my goal is that these strategies will change your thought patterns.

## **REFRAMING NEGATIVE SELF-TALK SCRIPT**

(READ ALOUD TO STUDENTS)

### **INTRO TO REFRAMING NEGATIVE SELF-TALK (1 minute)**

Because of neuroplasticity, training our brains to think more positively actually alters its structure. With each new positive thought, we begin to create new neural pathways in our brains, making it easier to think more positively in the future. The reverse happens for negative thoughts: the more we repeat negative thoughts in our heads, the more automatic negative self-talk will become. Today’s tool, Reframing Negative Self-Talk, will help us develop positive self-talk habits.

It is important to keep any opinions of this tool to yourself while we go through the process. Remember, what doesn’t work for you may work for your friends, so please be respectful.

### **REFRAMING NEGATIVE SELF-TALK TOOL (6 minutes)**

1. The first step is to name our self-talk patterns. When you wake up in the morning, what types of thoughts do you have? In class or at your extracurricular activities, what are your inner thoughts about? Do you tend to overreact? Do you give yourself grace or label yourself harshly? Are you supportive of yourself, or are you critical? Are there common themes? This isn’t a moment to judge ourselves; we are simply taking stock of our habits as a third party observer. *(Share some of*

*your self-talk patterns, and identify them as negative or positive.)* For the next 90 seconds, jot down a list of your most frequent thoughts.

2. Now, take a few seconds to circle the thought patterns that are negative. After, note if your thoughts are mostly positive, mostly negative, or a mix. Again, this is not a moment to critique ourselves; it's just an opportunity to engage our Mindfulness skills and notice our thought patterns.
3. The last step is to reframe our thought patterns. Let's take the next 90 seconds to flip our scripts. Let's rewrite positive alternatives to our negative thoughts. The point isn't to be unrealistic; the point is to change your negative self-talk into something positive yet accurate. *(Share an example with your students, like if you find yourself thinking something such as, "I always mess everything up," replace it with something like, "Sometimes I make mistakes but I learn from them.")*
4. Would anyone like to share out how they rewired a negative thought into a positive one? *(It's okay if no one wants to share; sharing is never required with ASSET.)*
5. In the future, notice when your self-talk becomes negative and try to reframe it as a more positive, supportive alternative. Remember, the thoughts you tell yourself can either help you succeed or hold you back.

### DEBRIEF OF REFRAMING NEGATIVE SELF-TALK (30 seconds)

Raise your hand if you liked this tool. *(If students raise their hands, ask them one of the questions below.)*

- Does anyone want to share why?
- Where might you use this tool in your daily life?

If you didn't like this tool, that's okay. There are 27 other stress-reduction tools, and I promise you there is something in here for everyone.