

Teaching Values of Being Human

Ideas to set goals and champion perseverance

Negative to positive self-talk translator

Uncontrolled, 'negative self-talk' switches off hope, drains perseverance and is a defeating habit. When we take control, we understand our 'negative self-talk' is telling us how we feel. Let's acknowledge the feelings and translate them into a short positive statement we can put into action!

Example:

Negative self-talk comment

I feel

A likely translation

"I'm an idiot."

Embarrassed

I don't want others to think I'm stupid

"Why bother?"

Overwhelmed

This is too much to do! Where do I start?

"I'm not good at this. Never have, never will."

Fearful

Not sure what to do. Don't think I've learnt this

"That's stupid anyway."

Annoyed

Can't believe she's giving more work to us!

"This is boring."

Worried

What do I do? Where do I start? Can I even do it?

"I hate them."

Hurt

They're awful to me. They ignore me. It hurts!

Have you got the idea?

Now you're ready to use this 'Negative to positive self-talk translator'. Just follow the 4 steps below. This new approach is lifesaving because it replaces old habits that don't work!

Step 1

Write your negative thought here, or tell someone you can trust; _____

Step 2

Circle the word, or words, that explain how you are feeling:

*hate shocked sad beaten scared angry fearful shy
disbelief hurt disappointed embarrassed annoyed overwhelmed
confused humiliated ashamed unsure*

Step 3

State what, or who, is troubling you? Write it here, or tell someone you trust; _____

Step 4

Translate the negative self-talk into a short positive statement that you can give a try. Write it here, or tell someone you trust;

Congratulations! Now do it!