

Turning Negative Self-Talk into Positive Self-Talk *(For Facilitators)*

Cut apart these scenarios and have participants turn the negative thoughts into positive thoughts.

Event	Negative Thoughts	Positive Thoughts
1. Your 10 month old child spilled his milk all over the floor.	<i>"He spilled his milk on purpose, just to make me mad!"</i>	<i>"He is trying to be more independent."</i> OR <i>"It was just an accident; he didn't mean to spill it."</i>
2. Your partner comes home later than you expected and did not let you know ahead of time.	<i>"She always leaves me at home with the kids while she is out! She doesn't care about anyone but herself!"</i>	<i>"I am sure that she will be here as soon as she can."</i>
3. Your partner doesn't help out around the house as much as you would like.	<i>"He's so lazy! Why doesn't he get up and do some work around the house!"</i>	<i>"He probably doesn't know what I want. I should just talk with him (using SPEAK/HEAR skills) about what I would like."</i>
4. The person in the car in front of you is driving 20 miles below the speed limit.	<i>"Why are they going so slow! Don't they know I'm in a hurry!"</i>	<i>"Maybe this slow driver is keeping me from getting a speeding ticket."</i> OR <i>"He may not be a very good driver and needs to drive slowly to drive safely."</i> OR <i>"I will get to where I need to go soon."</i>
5. The line at the grocery store is long.	<i>"I don't have time to wait in this line! It's going to take forever!"</i>	<i>"This gives me more time to check out the magazines in the check-out isle."</i> OR If your kids are with you: <i>"Here is a chance for me to check in with my kids about their day."</i>
6. Your boss calls you into his office to talk about your performance.	<i>"He doesn't like me. Everything I do is wrong. I am never going to please him!"</i>	<i>"With this feedback, I will be a better employee."</i>