Negative Self-talk

Directions:

Complete the graphic organizer below to devise a solution to the issue your group is exploring.

Issue Description:_____ Negative Self Talk _____

Part 1: Considering Impact

Discuss the following questions as a group. Write down ideas and insights.

1. Name and describe the issue in detail.
   - The issue is negative self-talk

   - Individual choices around responding to a perceived "failure" like failing a test.

   - Individual choices of lack of preparing for a test.

   - Norms and perspectives related to how grades impact self-worth

2. Who or what may have contributed to the issue? What are some possible causes for this issue?
   - Our tendency to be self-critical

   - Negative bias: We tend to get hooked on negative aspects more easily

   - The motivation could have been to use negative self-talk as a way to improve or do better next time

3. Identify some choices that have impacted this issue. Who made these choices?
   - Choosing the negative inner critic instead of the positive one

   - One's choice to view oneself negatively and comparing one's performance with others'

Negative Self-talk

(continued)

Part 2: Devise a Plan to Improve the System/Issue or Solve the Issue

Devise a possible solution(s) to the identified issues. Consider the short and long term consequences of the solution.

Possible Solution(s)	Short-term & Long-term Consequences	Possible Unintended Consequences
• Use of resilience practices • Talk to a trusted person • Be intentional about positive self-talk **Action Steps** • Do a few minutes of resourcing and grounding once a day • Seek out a trusted friend or adult and ask for support and solutions • Say positive things to myself when I am in my personal "Zone of Resiliency" • When I am up against a struggle, I can talk to myself as if I am speaking with and supporting a friend.	**Short-term Consequences** • Feeling regulated • Successfully work through challenging thoughts and emotions • Increasing my level of presence and awareness • Developing and maintaining meaningful relationships • Practicing kindness and compassion	• Better