

healthy Self-Talk



THIS

✓ Whoops. I made a mistake.

✓ I like me.

✓ I did something bad.

✓ This is really hard, but I'm going to keep trying.

✓ I haven't figured it out...yet.

✓ I am enough.
And worthy, too.

NOT THAT

✗ I'm so dumb.

✗ No one likes me.

✗ I'm a bad person.

✗ I give up. I'll never be able to do this.

✗ I never get anything right.

✗ I'm not good enough.