Name: ________________________________

Instructions
1. Choose two of the already filled-in negative attitude boxes.
2. Read the negative self-talk.
3. Brainstorm positive self-talk for the same situations.
4. Write your best ideas in the positive attitude boxes.
5. Fill in the blank negative attitude box with a situation of your own, and write positive self-talk for the same situation.

Negative Attitude
There’s a test on Monday. I’ll probably fail it, so there’s no point in studying.

Positive Attitude

Negative Attitude
The school play auditions are tomorrow. The popular kids always get picked. I don’t stand a chance.

Positive Attitude

Negative Attitude
No one who matters likes me. I’m probably the most boring person in school. Maybe I should just stay out of everyone’s way.

Positive Attitude