

Worksheet – Activity 4 – Being kind to myself

Worksheet: Practicing positive self-talk

Name: _____ Date: _____

Mirror exercise

Instructions: Read one of the challenge scenarios and think about some examples of positive self-talk that you would find helpful if you were in this scenario, or experiencing a challenging time. Decorate the mirror below with positive self-talk and display this worksheet somewhere that you will see it often. **Remember that positive self-talk is a great way to practice being kind to yourself.** Take a moment to repeat these phrases to yourself now (in your mind, or aloud) if you are comfortable doing so.

