

Name _____

POSITIVE TALK

Self-esteem can be affected by the way we communicate with others and to ourselves. Instead of saying self-defeating statements such as “I am such a loser”, “My life stinks”, “I can’t do anything right”, focus on the bright side of the following scenarios, and on creating positive verbal messages to others.

A. Turn a negative into a positive:

1. Your parents get divorced.
-

2. Your girlfriend/boyfriend wants to date other people.
-

3. You must do your term paper over because it is unacceptable.
-

B. Show interest:

1. Write a question indicating (non-romantic) interest in someone (examples include: “What are you up to after school today?” or “How did you do on that math test?”)
-

2. Write a question or statement indicating empathy towards someone or something (examples include: “I understand how you feel about...”, “I get nervous too when...”, or “I feel the same way about...”)
-

3. An accepting or non-judgmental statement (examples include: “It’s OK that...”, “I am fine with...”, “I would welcome...”)
-

C. Praiseful Statement:

1. Say something kind and positive about a (non-physical) quality of your peer.

