

# How to Talk Nicely to Yourself

**Step 1:** Think of all the good things about yourself and write them on a piece of paper. Next make a list of nice things you can say to yourself everyday. We'll help you get started.

- **I am a great kid!**
- **I try my best.**
- **I can do it.**
- **Everything will be okay.**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(If you need help, ask someone who cares about you to tell you three things they like about you then write those three things in the spaces.)



**Step 2:** When you hear yourself saying mean things in your head, picture this stop sign and put on the brakes! Then say one of the nice things in the list instead.



**Step 3:** Practice saying nice things to yourself everyday. If you can't think of something to say then read your list three times.

**Step 4:** Be prepared to make a mistake. It takes a while to change how you talk to yourself. Congratulate yourself every time you change your inside voice from mean to nice! Keep practicing and you will be able to talk nicely to yourself every day.



**Step 5:** Now that you know how to talk nicely to yourself, help a friend do the same thing. Maybe you can even do it together with your parents because sometimes adults say mean things to themselves too!