

Positive Self-Talk For High Self-Esteem

When we say negative statements to ourselves it often lowers our self-confidence and self-esteem. Positive self-talk helps us to improve our mood, and talk ourselves through difficult situations. Color in all the positive self-talk messages below.

I have some weaknesses but I'm working on them.

I'm having a hard time learning this. I can't do anything right.

I am human. It's okay to make mistakes. I don't have to be perfect.

There's something wrong with me. I always mess things up.

I'm having a hard time learning this, but I'm going to keep trying.

My thoughts and opinions are not worth anything.

I am capable of doing hard things, and overcoming challenges.

I'm not good enough. I'm sure they won't like me.

I am, I can, I will - I am somebody. I can do it. I will do it.

It is ok to be proud of myself and my accomplishments. I worked hard for them.

I know that I have good qualities and I recognize them in myself.

There's no point of even trying. I always lose.

What are some positive things you can say to yourself the next time you feel down, or have negative thoughts?

1. _____
2. _____
3. _____

Talk With Teens About Self And Stress

Lingsheng Yao



Talk With Teens About Self And Stress:

Talk With Teens About Self And Stress Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Talk With Teens About Self And Stress**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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