

Activity 1 and 2 Listening to My Negative Voice

1. Think of a time when your inner voice said:

**“I can’t do \_\_\_\_\_”**

How does that make you feel? \_\_\_\_\_

What kind of actions/behavior do you have when you can’t do something you want to?

\_\_\_\_\_  
\_\_\_\_\_

Examples:

**“A girl brings home a report card that is not very good. She thinks to herself, “My parents are going to be very angry.”**

How do you think she feels? \_\_\_\_\_

What kind of actions/behavior does she do?

\_\_\_\_\_  
\_\_\_\_\_

**“Jennifer teases Robert because of his acne (bad skin). He thinks to himself, “I know that I’m ugly! All the girls feel the same about me.”.**

How do you think Robert feels? \_\_\_\_\_

What kind of actions/behavior does he do?

\_\_\_\_\_  
\_\_\_\_\_

**Julie receives praise from her teacher for raising her average from 40% to 50%. She thinks to herself, “Yeah, right! She knows that I am not good. She only congratulated me so I will keep quiet in class.”**

How do you think Julie feels? \_\_\_\_\_

What kind of actions/behavior does she do?

\_\_\_\_\_  
\_\_\_\_\_

Activity 3 and 4: Listening to My Positive Voice, and Positive voice scenarios

**“I don’t need to be perfect at**

**”**

How does this make you feel? \_\_\_\_\_

What kind of actions/behavior does this make you take?

\_\_\_\_\_  
 \_\_\_\_\_

**Can you change these negative thoughts to positive ones?**

Negative Thought	New Positive Thought
A girl asks a boy to dance. He thinks to himself, “She only wants to make fun of me and make me look stupid.”	
A girl brings home a report card that is not very good. She thinks to herself, “My parents are going to be very angry.”	
John must begin a complicated math homework assignment. He thinks to himself, “I’m lousy at math. I won’t understand anything.”	
Julie receives praise from her teacher for raising her average from 40% to 50%. She thinks to herself, “Yeah, right! She knows that I am not good. She only congratulated me so I will keep quiet in class.”	
Jennifer teases Robert because of his acne (bad skin). He thinks to himself, “I know that I’m ugly! All the girls feel the same about me.”	