

Name: _____

Positive Self-Talk

Situation

A girl in my class had a party on Saturday for her birthday. I told her I would bring along my mom's digital camera and take photos for her. The party was lots of fun, and I took lots of photos. Everyone wanted me to put the photos up on Facebook so we could all see them. But the next day, as I started uploading the photos to my profile, I started thinking, "My hair wasn't very nice that night. If I put these photos on Facebook, people will look at them and make fun of me." I didn't put them up, and the people at the party were very disappointed.

Response

Situation

A group of students at my school was trying to form a band. The students had a guitarist, a singer, and a keyboard player, but they needed a drummer. They put an advertisement around at school looking for a drummer and started asking people around school. I had a drum kit and had been taking lessons all year. I really liked the idea of joining the band. But before I approached them to ask to join, I started thinking, "I've only been playing for a year. I'm not really very good. I will probably embarrass myself at our first rehearsal, and they'll kick me out." So I didn't join, and another student who had been playing drums for even less time got the position.

Response

Name: _____

Situation

On Saturday night, I stayed at my friend Simon's house, and we decided to walk down to the store to rent a DVD. His big sister Sophie came with us. On the way, Sophie played a game called Knock and Run. She would knock on someone's door and run away before it was answered. It was funny at first, but at one house a small and frail-looking old man answered the door. He was clearly confused when he saw that nobody was there and searched around his yard before going back in. Sophie thought it was hilarious, and she wanted me to go and knock and run at his house so she could watch. I didn't want to look like a wimp in front of Simon or get teased by Sophie, so I agreed. When the old man answered the door and saw there was no one there again, he looked frightened and quickly retreated back inside. Sophie laughed a little, but I felt guilty for the rest of the night.

Response

Situation

As a reward for our work over the year, our teacher took the class on a field trip to the ice rink on the last day of school. I was excited at first, but when we arrived, I saw there were already lots of people ice skating. I started to become nervous and thought to myself, "These people all look like they're really good skaters. What if I go out and fall over? They'll probably laugh at me." After everyone got their skates on, the class went out onto the ice. I spent the whole time leaning against the rails and never actually went into the rink. A few people did fall over, but no one laughed—students just helped them up and went on skating.

Response
