STRESS MANAGEMENT: SELF-TALK REFLECTION

NEGATIVE SELF-TALK RECONSTRUCTION EXERCISE

Following are two examples of reconstructing negative self-talk into a positive direction.

Column One	Column Two	Column Three
I would like to buy a car.	I can't afford one.	Once I am working, I'll save money for one.
I would like to find a job.	I don't have any job skills.	I can enroll in some courses to get skills.