Improving Self-Esteem: Changing the way you think

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| Negative Self-Talk | Positive Self-Talk |
| I am bad at reading |  |
| I can’t get up early in the morning |  |
| I don’t have many friends |  |
| I can’t remember things |  |
| I am stupid |  |
| I am never going to achieve anything |  |
| I am a naughty student |  |
| I hate myself |  |
| Personal example 1: |  |
| Personal example 2: |  |
| Personal example 3: |  |