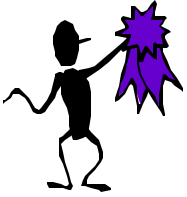


Rewarding Yourself



People need to develop ways to support and nurture themselves. This is useful when you're facing a tough job and need a "pick-me-up" and when you've done something spectacular and need a reward.

Positive Self-Talk

Self-talk can be positive or negative—it can either nourish or weaken your self-confidence. Sometimes, people use negative self-talk so often, that they begin to believe it!



Positive self-talk can mean changing a negative thought into a positive idea.

For example, "This is hard" or "This is boring" can become "I will feel proud when I get this done" or "I am making progress" or "I have already done..."

Change the negative thoughts below into positive ideas:

1. I am too dumb to learn this.

2. Nobody likes me.

3. This is boring.

4. This is too hard. I can't hit the ball.

5. I am a bad speller.

Possible answers: 1) I need to find someone to explain this to me so I can understand. 2) Terry and Pat are mad at me right now. I guess I'll need to find someone else to hang out with until they calm down. 3) I bet I can find three ways to do this. 4) I was able to learn to kick the ball for soccer; I can learn to hit a tennis ball. 5) I am learning to be a better speller, or Thank goodness for computers and spell checkers.

Adults need help with positive self-talk too. Read Anne's example below, then list three *positive* things that she could have said.

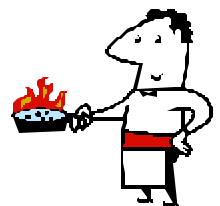
"As soon as I heard the smoke alarm I knew what was wrong. The vegetables on the stove were burning again. As I yanked the pot off the burner and turned the smoke alarm off, I said, "This is ridiculous! I am always burning food! I am a horrible cook. I am always burning food—five times last week, and once this week!"

What could Anne say to turn negative ideas into positive self-talk?

1. _____

2. _____

3. _____



Compliments

Everyone feels good when they hear something nice about themselves. Sometimes, you're the only one around to give yourself a compliment. Think about three compliments you've heard—write them down below.



1. _____
2. _____
3. _____



List three things that you *really* like about yourself or that you do well.

1. _____
2. _____
3. _____

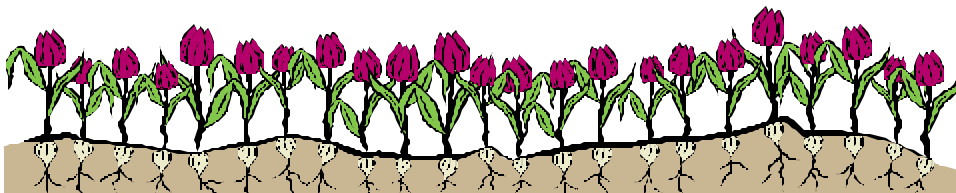
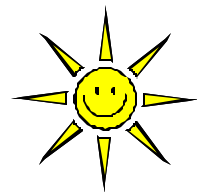
Hand this paper to the person to your right. Ask them to write something nice about you below.

Do the same thing with the person on your left.

NOW, you have a list of eight compliments to give to yourself the next time you need one!

Having fun

Doing something you enjoy is another way to reward yourself. List some activities that you enjoy doing below. Do something from this list the next time you need a reward.



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