

Self Talk

It's time to learn some new ways to deal with painful feelings about what happened to you. Along with talking to others about your feelings, you can also talk yourself into feeling better. This is called "self talk." It takes practice, but if you get good at it, it can help you handle scary or painful feelings. These are some examples of self talk:

I'm mad but I can control my feelings

Everybody is scared sometimes

I'm scared but no one can hurt me here

I didn't do anything to cause what happened to me

He said it was my fault but it was his fault

Take a deep breath. I am safe here

I am brave and I survived

