## Self-Talk

- "I expect \_\_\_\_\_ to happen."
- "I am afraid \_\_\_\_\_ will happen."

## \*How else can you think about?

- "What can I do to make this less scary?"
- "What can I do now to make it better?"

\*<u>Develop a plan</u>: negative self talk into proactive positive self talk

• Role play and practice