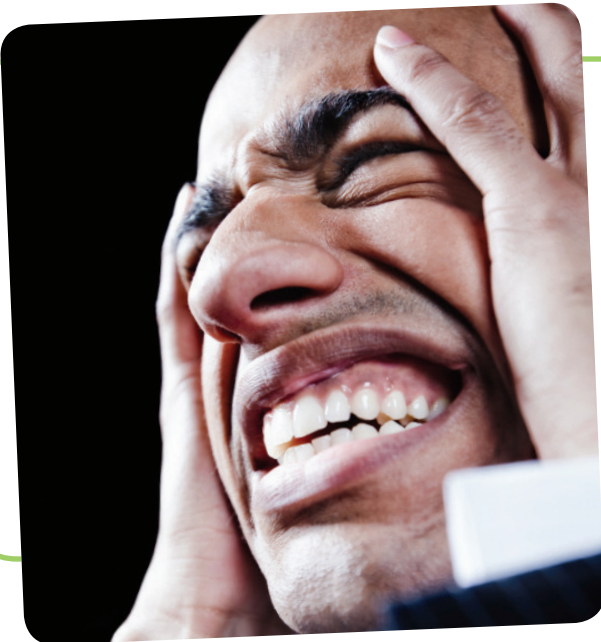


Encouraging yourself by what you say to yourself.

Everybody gives themselves a running commentary on what is happening around them.



Some people constantly wind themselves up. For example, by saying to themselves:

'I bet he doesn't like me.' or
'I'm going to make a mess of this.' or
'Why does this always happen to me.'

Other people constantly encourage themselves.

For example by saying:

'I think he has taken a liking to me.'
'That doesn't look too difficult.' or
'It's great to have things to do.'





In the two examples on the previous page, which of the two people do you think is going to be the happier?

The best way of getting to know your own running commentary is to say your thoughts out loud sometimes.

But, only when nobody else is about!

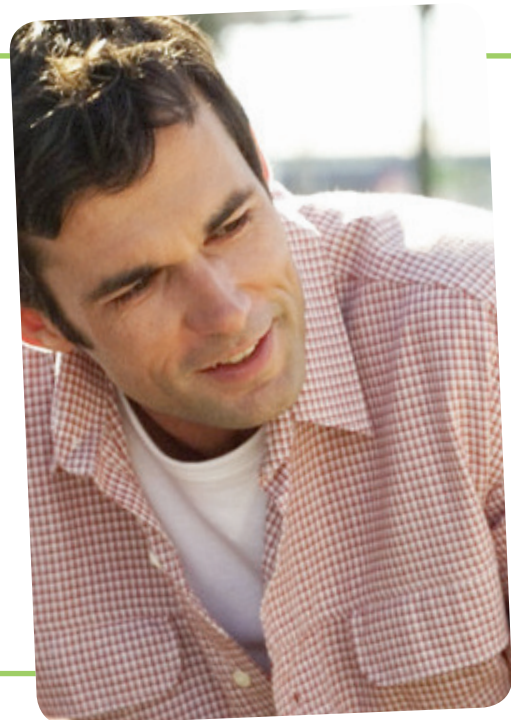
Once you know what you're saying to yourself, you can practise making that commentary more encouraging!

Discussion:

Can you think of a time when you have given yourself a discouraging commentary on what's going on?

Can you think of a time when you have given yourself an encouraging commentary on what's going on?

Who would you rather be, somebody who talks encouragingly to themselves, or somebody who talks discouragingly to themselves?



Project:

Try to talk encouragingly to yourself this coming week, and tell us how you get on next time.

Did you know:

If you think you can do something, then you're more likely to be able to do it. And if you think you can't do something, then you're more likely not to be able to do it!