Family Education & Support
Youth Program
Session Three

~ Changing Self-Talk ~
Question: Why do we get upset?

Answer: Well, something wrong happens and it makes me upset....

Maybe there is another reason....
Actually, it’s what we think about what’s happening that makes us upset!

I didn’t make the team.

“People will laugh at me.”

“I am the worst.”

“This is terrible.”

“I’ll never be good enough.”
Match the Thoughts with the Feelings

This girl is not allowed to go to her friend’s sleep over because she hasn’t finished a school project due in a couple of days.

Pick the line from each thought to the face that you think go together.

“I would rather be at the sleep over, but it’s not the end of the world.”

“Everyone else is having fun and I’m missing it all. It’s not fair!”
Thoughts have a powerful effect on us

Positive Thoughts & Negative Thoughts affect our feelings and how we act.

**ANTs** - Automatic Negative Thoughts are the thoughts we want to zap !!!

*Automatic* = Pop up out of nowhere

*Negative* = Bad

*Thoughts* = What goes on in our heads

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A N Ts* sound like this...

I can’t do it.

He doesn’t like me.

I always get in trouble for that.

She shouldn’t have done that!

I can’t stand it when that happens!

I’ll never be good enough!

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How to get rid of ANTs*?
Question them!
Show them they aren’t true.

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How to Zap Those ANTs.....

STOP...

When you notice negative thoughts.

Slow Down.

Are those thoughts really true?

THINK

How else can I think about this?
Stop! Slow Down! Think!

See how this boy starts to think differently about his grade.

This is terrible!
I’ll never get it!
Why even try?

Is that all really true?
What else can I think?

It’s not the end of the world.
I have figured out other things that were hard at first.
I’ll ask for help until I figure this out too.
Stop ! Slow Down ! Think !

This boy thinks some kids were laughing at him as he rode by them. Write what he could be thinking that matches his facial expressions.