# My Thought Flip

Turn a harsh thought into a kinder thought that is still true.

| 1. Catch it | 2. Check it | 3. Change it |
|---|---|---|
| Notice the thought | Is it fair and true? | Find a kinder, true one |

**Example**

**Unhelpful:** "I'm so bad at math. I'll never get it."
**Evidence:** I got 7 out of 10 right on Friday. Fractions are new for everyone.
**Kinder:** "Fractions are hard for me right now, and practice is helping."

## 1 What happened? _____

**Catch it: my unhelpful thought** What did my inner critic say?

**Check it: the evidence** Is it 100% true? What would I tell a friend?

**Change it: my kinder, realistic thought** Kind AND true. Not fake, not mean.

How true does the new thought feel? 0 1 2 3 4 5 6 7 8 9 10

## 2 What happened? _____

**Catch it: my unhelpful thought** What did my inner critic say?

**Check it: the evidence** Is it 100% true? What would I tell a friend?

**Change it: my kinder, realistic thought** Kind AND true. Not fake, not mean.

How true does the new thought feel? 0 1 2 3 4 5 6 7 8 9 10

## Questions to check a thought

- Is it 100% true, every time?
- What would I say to a friend?
- Am I using always or never?
- Will this matter in a week?
- Is there another way to see it?
- What is one thing I can do next?

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# Self Talk Cards

Kind and true things to say to yourself. Circle three you believe. Cut out your favorites.

Use the blank cards for your own words, or words a coach, friend or family member would say.

Trying

"This is hard, and I can do hard things one step at a time."

Trying

"I can't do it yet. I'm still learning."

Mistakes

"Mistakes show me what to practice next."

Trying

"Asking for help is what good learners do."

Calm

"One hard moment does not make a bad day."

Mistakes

"I did my best with what I knew then."

Worry

"I feel nervous, and I can still try."

Calm

"My feelings are real, and they will pass."

Calm

"Breathe in, breathe out. I can handle this moment."

Me

"I don't have to be perfect to be good enough."

Friends

"Lots of kids feel this way sometimes. I'm not alone."

Focus

"What is one small thing I can do right now?"

Mistakes

"I can try again tomorrow."

Me

"I'm proud that I kept going."

Friends

"Not everyone has to like me. My real friends do."

Me

"Compare me to me, not to them."

Worry

"One test score is not my whole story."

Focus

"Slow down. Read it again. One step at a time."

My own self talk:

My own self talk:

My own self talk:

My own self talk:

My own self talk:

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# My Self Talk Week

Each day, write one hard moment, what your inner critic said and what your inner coach said back.

**Name:** _____ **Week of:** _____

| Day | A hard moment | Inner critic said | Inner coach said | After |
|---|---|---|---|---|
| **Mon** | | | | ☐ Better ☐ Same ☐ Worse |
| **Tue** | | | | ☐ Better ☐ Same ☐ Worse |
| **Wed** | | | | ☐ Better ☐ Same ☐ Worse |
| **Thu** | | | | ☐ Better ☐ Same ☐ Worse |
| **Fri** | | | | ☐ Better ☐ Same ☐ Worse |
| **Sat** | | | | ☐ Better ☐ Same ☐ Worse |
| **Sun** | | | | ☐ Better ☐ Same ☐ Worse |

## End of week reflection

**My best coach phrase this week:** _____

**A time my self talk helped me:** _____

**A thought that was hard to flip (I can talk to a trusted adult about it):** _____

**Next week I will practice:** _____

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