



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* - **A**utomatic **N**egative **T**houghts
are the thoughts we want to **zap** !!!

Automatic = Pop up out of nowhere

Negative = Bad

Thoughts = What goes on in our heads



ANTS are what make you
sad, mad and **act bad.**



A N T s* sound like this...

I can't do it.

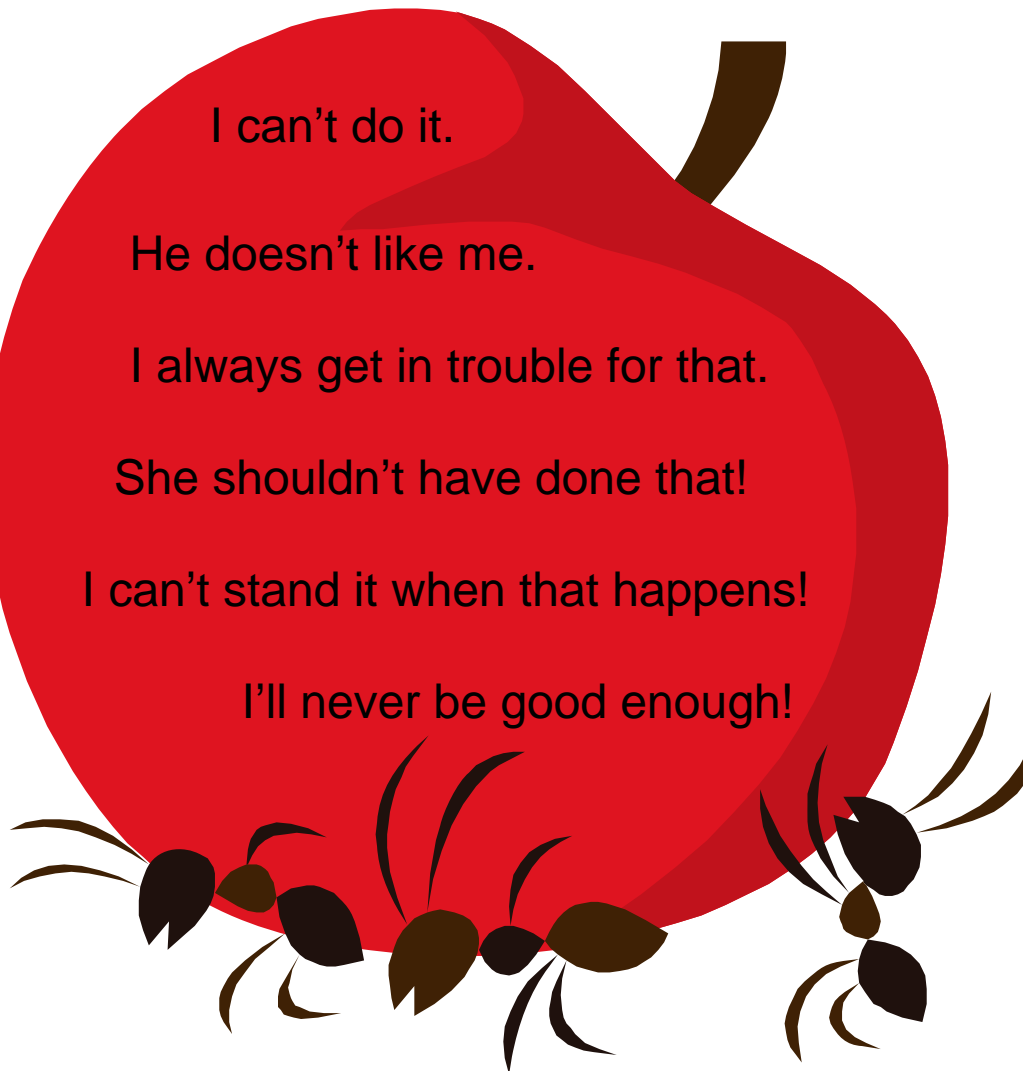
He doesn't like me.

I always get in trouble for that.

She shouldn't have done that!

I can't stand it when that happens!

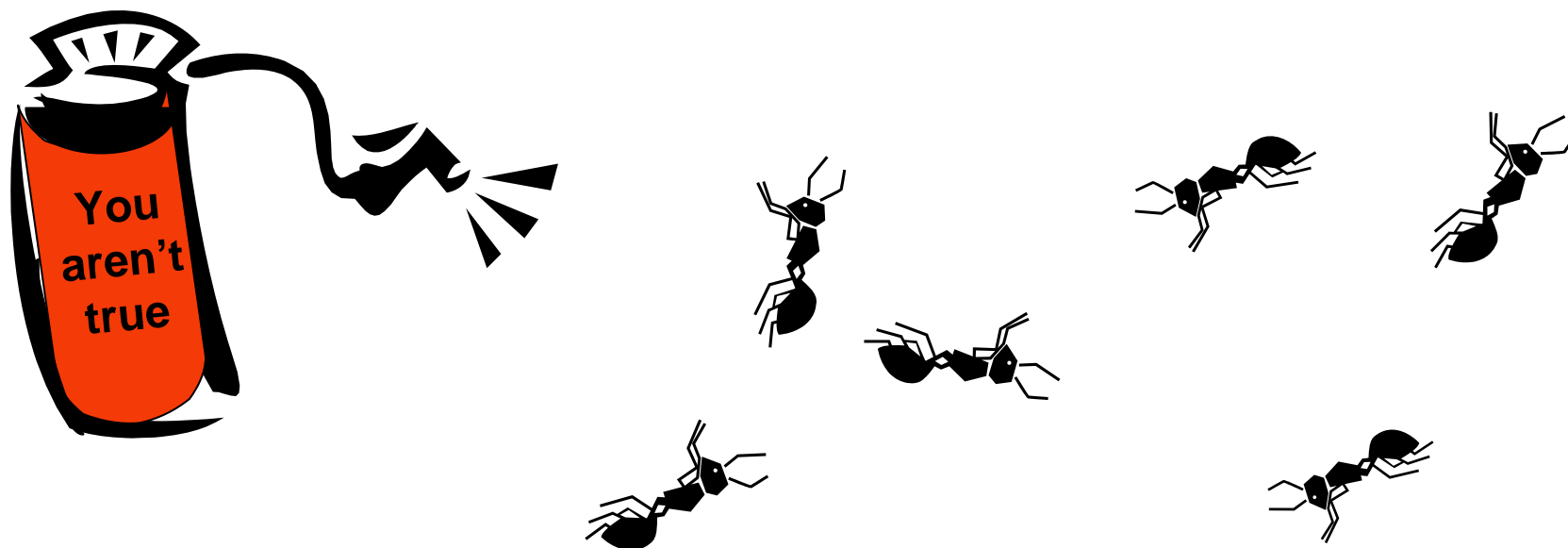
I'll never be good enough!



How to get rid of ANTs*?

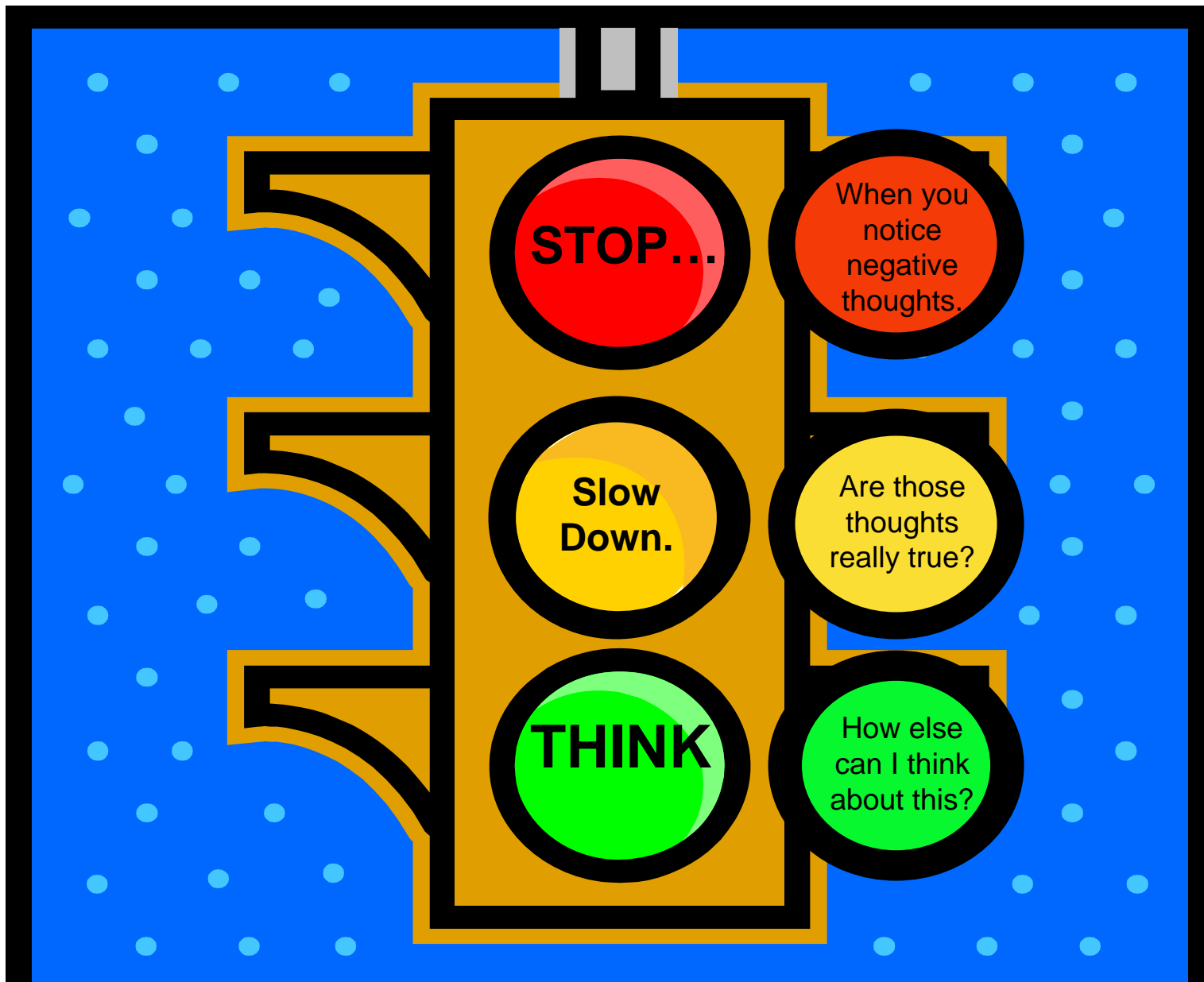
Question them!

Show them they aren't true.



* Used by permission
by Daniel G. Amen, M.D./ MindWorks Press

How to Zap Those ANTs.....

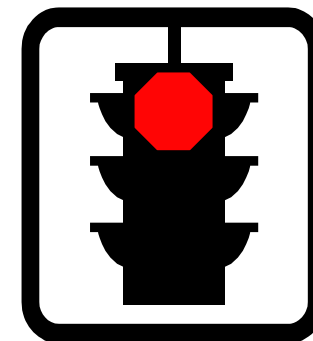
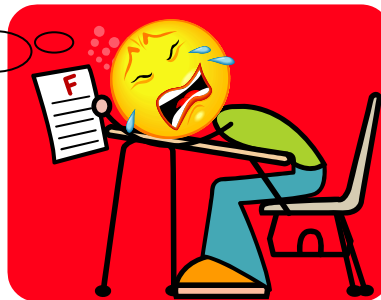


Stop ! Slow Down ! Think !

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

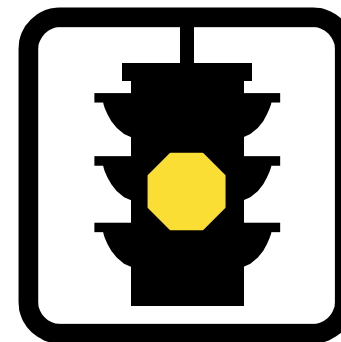
Stop !

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



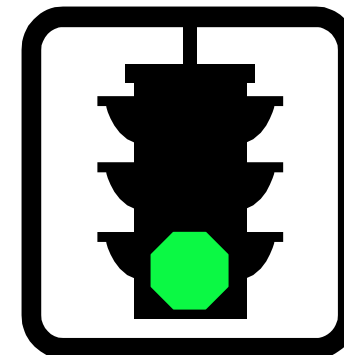
Slow Down !

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



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.*

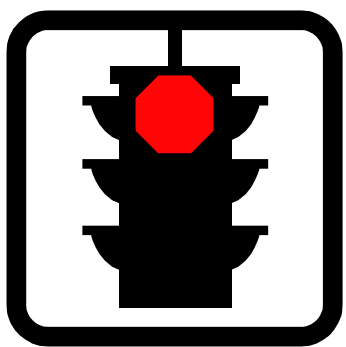
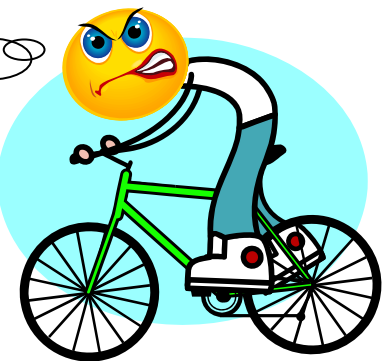


Stop ! Slow Down ! Think !

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.

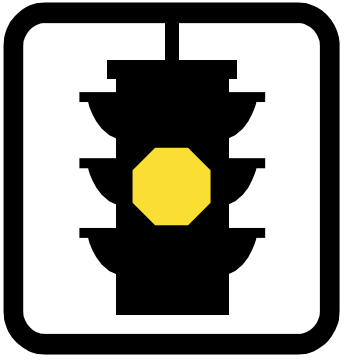
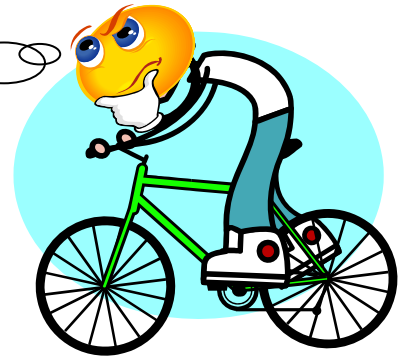
Stop !

Thought bubble with four horizontal lines for writing.



Slow Down !

Thought bubble with four horizontal lines for writing.



Think !

Thought bubble with four horizontal lines for writing.

