

Believe in Yourself

It takes practice to handle put-downs. After each statement practice saying the positive response with your partner. Next, change the negative remark to a positive statement. Remember to do this when you are faced with a put-down or negative attitude in the future.

1. "You will never make the team; you're too slow."
Positive response: "It doesn't matter what you say, I still believe in myself."
Change to a positive statement:
2. "Give up! He'll never ask you out."
Positive response: "It doesn't matter what you say, I still believe in myself."
Change to a positive statement:
3. "Are you ever going to get this right? Use your brain!"
Positive response: "It doesn't matter what you say, I still believe in myself."
Change to a positive statement:
4. "Are you awake yet? Is your brain working?"
Positive response: "It doesn't matter what you say, I still believe in myself."
Change to a positive statement:
5. "Duhhh. Are you here today?"
Positive response: "It doesn't matter what you say, I still believe in myself."
Change to a positive statement:
6. "That is a stupid joke; nobody thinks it's funny."
Positive response: "It doesn't matter what you say, I still believe in myself."
Change to a positive statement:
7. "That was a dumb thing to say. You are so stupid!!!"
Positive response: "It doesn't matter what you say, I still believe in myself."
Change to a positive statement:
8. "Is anyone in there? Is your brain out to lunch?"
Positive response: "It doesn't matter what you say, I still believe in myself."
Change to a positive statement: