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Respond Powerfully to Negative Comments

TRANSITION OBJECTIVE

Students will identify and correct negative thoughts and self-talk.

RELEVANCE TO SUCCESSFUL TRANSITION

As we go through each day we have a running dialogue of thoughts and self-talk. Successful people are skilled at keeping their thoughts and self-talk positive. For some people this running dialogue can become a string of put-downs and negative self-talk. Practicing positive self-talk is important for success.

INSTRUCTIONAL SEQUENCE

□ STEP 1: Update Journal

When I talk about myself, I feel . . .

□ STEP 2: Convene Roundtable

"I feel good when I think about ____."

□ STEP 3: Advance Organizer

"Today you will change your thoughts and self-talk from negative to positive."

□ STEP 4: Activity - 15 Minutes



Dear Student,

Congratulations! You now are entering the next phase of your personal growth.

In this unit you will learn the skills you need to become an effective communicator. You will start by learning to communicate with yourself in a positive way. After all, you are your own best advocate.

Next, you will learn to communicate effectively with others, especially in difficult situations. This will include learning to handle put downs and negative comments from others.

Finally, you will learn to control your anger so that you will be a successful friend, student, and employee.

We wish you the best of luck as you learn and grow.

To introduce Unit 1, go over the **Student Letter** and discuss the major topic areas of this unit. Lead the following discussion: "People with high self-esteem communicate positively with themselves and others." The first step toward high self-esteem is to learn and use positive thinking and positive self-talk.

Because we hear negative things at home and in school, we can get into the habit of negative self-talk.

Consider the following statements: "I look awful!" "I know this outfit looks terrible!" "They don't like me." "I can't get this!" How does this make you feel? What about: "I did it!" "I'm good at this," "I'm happy." "I feel good today." How does this self-talk make you feel? What negative things did you say to yourself today about school? About how you look? About how you feel? About what others think about you?" Share a personal example of a negative thought you have had. Ask for volunteers to share an example. Tell students, "Most of us have negative self-talk. Talking to yourself in a negative way takes away your power."



CAREER MANAGEMENT: Unit 1 LESSON 1

POWER TOOLS: Positive Self-Talk

Discuss the following examples. For practice, repeat the positive statements out loud and to yourself.

| Negative Self-Talk | Positive Self-Talk |
|----------------------------|------------------------------------|
| I'm never on time! | I can do better and be on time. |
| I hate the way I look. | I love myself the way I am. |
| I'll never get asked out. | I'm a great person to go out with. |
| Everybody thinks I'm dumb. | I am smart and people like me. |
| I'm too fat. | I love myself just the way I am. |

In groups of three, students will take turns reading the negative statements and changing it to a positive statement. Each group will write the positive statements on the line provided.

1. I'll never pass this class. _____
2. My teacher doesn't like me. _____
3. My clothes are ugly. _____
4. I look awful. _____
5. I did it all wrong. _____
6. I'll never make it. _____

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□ STEP 5: Activity - 20 Minutes

Go over the examples on the **Power Tools: Positive Self-Talk** worksheet. Have students complete the activity in groups of three with each person working on at least one statement. Circulate among groups to help with vocabulary and to offer positive feedback. Ask each group to share answers from the worksheet.

□ STEP 6: Activity - 10 Minutes

Next, using the **Self-Talk** worksheet, students will listen for and record negative self-talk in themselves and others. Students will share comments from the worksheet in the next class.

Go over the worksheet and complete one example with the class. Students will complete this activity out of class.

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CAREER MANAGEMENT: Unit 1 LESSON 1

SELF-TALK

Listen to your self-talk. This is what you say to yourself, silently or out loud. Listen to things others say about themselves. Write your thoughts and self-talk in the first section below. Write things you hear others say about themselves in the second section below. Identify statements as positive or negative.

My self-talk - This is what I thought or said about myself:

| Statements | Positive or Negative? |
|------------|-----------------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |

This is what I heard others say about themselves:

| Statements | Positive or Negative? |
|------------|-----------------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |

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□ STEP 7: Evaluate Outcomes

When I tell myself I've done something well, I feel "____."

□ STEP 8: Connecting Activity

Tell students to keep a log of their "self-talk." Give extra credit for each day they maintain this log. Remind students where possible to use their computer, cell phone or other electronic device to record their "self-talk."

KEY WORDS

positive self-talk positive feedback negative feedback

MATERIALS AND PREPARATION

- Student Handouts: **Student Letter**, page 15; **Power Tools: Positive Self-Talk**, page 16; **Self-Talk**, page 17.
- Prepare screen images of the handouts if needed.
- Prepare examples for discussion.
- Assign worksheet and activity for homework.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Writing, Listening, Speaking
- Thinking Skills: Decision-Making
- Personal Qualities: Self-Esteem, Sociability, Self-Management