

What Am I Saying to Myself?



Power Talk

Handling Put-Downs

Remember the childhood rhyme "Sticks and stones may break my bones, but names will never hurt me." Every time you hear a put-down, say this phrase to yourself, "No matter what you say, I still believe in myself." Practice saying this phrase with a partner. First, one partner says a statement from "A" or "B" below. Then the other repeats the phrase. Take turns. For example: You say, "You act so stupid." Your partner says, "No matter what you say, I still believe in myself."

A. Your friend said:

"You act so stupid."

"I got a much better deal when I bought my jeans."

"Ask someone who cares."

"Hey, get it right next time."

B. Your parent said:

"Let me do it, you'll never get it right."

"You will never amount to anything."

"I'm sick of your attitude."

"Do you have cotton between your ears?"

Can't & Try

Two little words can change you from a powerful, positive, "get it done" person to a powerless wimp: can't and try. Throw these words out of your vocabulary and become a powerful, successful communicator. Practice changing these phrases with a partner:

I can't get my homework done.

I can't learn to drive.

I can't do anything right.

I can't get to class on time.

I can't lose weight.

I can't do that job.

I'll try to get to the game on Friday.

I'll try to call you tonight.

I'll try to exercise.

I'll try to hand in my application at Shakey's.

I'll try to fix my car.

I'll try to get that assignment done for tomorrow.