

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.

POWER TOOLS: Positive Self-Talk

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

Negative Self-Talk

I'm never on time!

I hate the way I look.

I'll never get asked out.

Everybody thinks I'm dumb

I'm too fat.



Positive Self-Talk



I can do better and be on time.



I love myself the way I am.



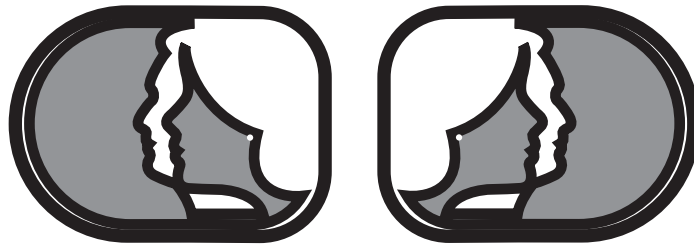
I'm a great person to go out with.



I am smart and people like me.



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. _____

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. _____	