

Name: _____

Flip the Script

turning hurtful self-talk into helpful self-talk

Read each example of hurtful self-talk. Then “flip the script” by rewriting it with self-compassion and kindness. We've done the first one together.

Hurtful Self Talk	Helpful Self-Talk
I always mess up.	I make mistakes, but I can learn from them.
I'm not smart enough.	
No one likes me.	
I can't do this.	
I'm bad at math.	
I'll never get better.	
I shouldn't even try.	

Helpful Sentence Starters

- I'm still learning to...
- I can ask for help when...
- I'm doing my best, and...
- It's okay to make mistakes because...
- I am worthy, even when...

