

MATES Junior Activity Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Individual
Relationship Stage: Mid-late

Activity Name:

"Talking Myself Up"

Objective:

Increase awareness of negative self-talk and building positive self-talk strategies

Preparation Time:

None

Activity Duration:

15-20 minutes

Required Material:

- Pen and paper

Instructions:

- Briefly explain self-talk to your mentee: self-talk is your "inner voice", the things you say in your head that you may or may not be conscious of. Self-talk can be positive or negative. Although these things aren't said out loud, they are very powerful and can have an effect on self-esteem, relationships, and how you feel generally. Everyone does self-talk! But it's important to be aware of the potential negative effects of self-talk and to have strategies for coping with these negative thoughts.
- Give your mentee an example of self-talk and ask them to write down 3 positive things a person could think to counteract that thought. For example:
 - Negative self-talk: I'm not good enough to get an A grade
 - Positive counteractions: I have improved from last year, so I can keep improving; I got an A in another subject, so I can do it in this one too; If I want an A grade, I can ask my mentor/parents/teacher/friend to help me achieve this.
- Repeat with examples from different domains: academic, sports, relationships, self-esteem, etc.
- If you and your mentee feel comfortable doing so, each provide an example of negative self-talk from your own life and how you coped with it.

Further Notes:

- This can be an emotional conversation, so be aware of your mentees verbal and non-verbal cues regarding comfort.