

Thinking Positively about Myself

Negative Self-talk	Challenge It	Positive Self-talk
I'll never be good at anything.		
Nothing ever works out for me.		
I will never be successful.		
I am always blamed for everything.		
I can never keep any friends.		
I don't know what to say. I will never have a girl/boy friend.		
No-one will want to know me when they know I am gay.		