

How we talk to ourselves
has a big impact on our
mood and mental health.

HEALTHY SELF - TALK



**WHOOPS, I MADE A
MISTAKE**



I'M SO DUMB



I LIKE ME



NO ONE LIKES ME



I DID SOMETHING BAD



I'M A BAD PERSON



**THIS IS HARD AND I'M
GOING TO KEEP
TRYING**



**I AM GOING TO GIVE
UP, IT'S TOO HARD**



**I HAVEN'T FIGURED IT
OUT YET**



**I NEVER GET
ANYTHING RIGHT**



**I'M A GOOD PERSON
AND I AM ENOUGH**



**I'M NOT GOOD
ENOUGH**

