**SELF-TALK STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_\_\_\_**

1. To build \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_, we must exercise our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. To build strong \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_, we must exercise our \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.
3. Self-talk is our \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.
4. \_\_\_\_\_\_% of everything we think is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Most of what we \_\_\_\_\_\_\_\_\_\_\_\_\_ is what we have told \_\_\_\_\_\_\_\_\_\_\_\_\_.
6. We \_\_\_\_\_\_\_\_\_\_\_\_\_\_ what we tell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. Our \_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_ depends on what we say to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. I’m still a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ person.
9. “STOP! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_!”
10. Replace with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
11. Change \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ with positive comments.