

BRIEF INTERVENTIONS: POSITIVE SELF-TALK

BI-PED PROJECT (BRIEF INTERVENTIONS: PEDIATRICS) Emotional Health Committee Maryland Chapter American Academy of Pediatrics

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Appendix 4**

Often children become constrained by their own *negative* thoughts. These negative thoughts color their perceptions and may ultimately limit what these children are willing to try.

Positive self-talk refers to the messages that a child runs through his brain as he is tackling a new or difficult task. These should be short and repeated often enough so that the child feels like they *own* the message

Some possible positive *self-talk* messages include the following:

- **If you don't try, you can't succeed – if you do try, you have a chance at success or at least at getting better at something.**
- **I know I can get better at this if I just work at it.**
- **If I do this, I will get to spend more time with my friends.**
- **I know I can do better next time if I just try something a little different.**
- **I know I can do this; it will just take a little work (or a little practice).**
- **I learned something from this; next time I will try approaching this by...**
- **I was able to do this yesterday, I bet I can do it again today.**