

*Restructuring
Negative
Self-Talk*

Welcome Back!

We are so happy to see you!

WHILE WE WAIT FOR OUR SESSION TO BEGIN, PLEASE SHARE YOUR COMPLETED PRACTICE ASSIGNMENT FROM THE LAST SESSION WITH A PARTNER.

UP FIRST: REVIEW GROUP NORMS

UP NEXT: PARTNER CHECK-IN:

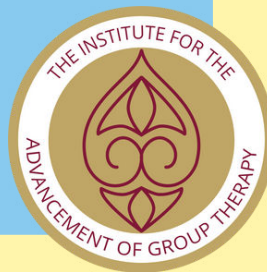
TAKE 10 MINUTES AND TALK TO A PARTNER ABOUT HOW YOU'RE DOING TODAY:

WHAT IS THE BEST THING THAT HAS HAPPEND THIS WEEK?

WHAT IS SOMETHING THAT YOU'RE LOOKING FORWARD TO?

WHAT IS SOMETHING YOU'RE NOT LOOKING FORWARD TO?

HOW HAVE YOU USED GROWTH MINDSET THIS SINCE THE LAST SESSION?



OBJECTIVE

I WILL BE ABLE TO IDENTIFY AND CHALLENGE NEGATIVE SELF-TALK AND REPLACE NEGATIVE STATEMENTS WITH MORE POSITIVE, HELPFUL ONES.



अ च ठ म ख ज




Max's Box



G Max's Box - Read Aloud



Max had a tiny box, small enough to fit into his little hand.

Watch on  YouTube

"This is yours," his mother told him.
"Everything will go into that Box," Father added.
"Small things, big things, all things."

And, he was right.



Copy link





Automatic Negative Thoughts - Meet the ANT Buddies!



Copy link

Automatic Negative Thoughts

meet the

A.N.T. BUDDIES



I just know they're talking about ME!

What if I fail this test?!

It's not MY fault! They did it to me first!

Watch on YouTube

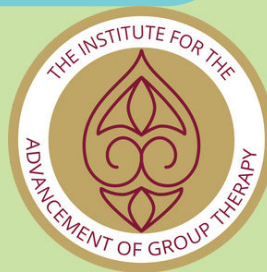


Individual Work



TAKE 5 MINUTES AND WRITE OR DRAW THREE EXAMPLES OF NEGATIVE SELF -TALK, OR, "A.N.T. BUDDIES" THAT YOU HAVE HAD. THEY CAN BE ONES YOU THINK OFTEN, OR MAYBE SOMETHING YOU'VE THOUGHT RECENTLY.

ONLY WRITE DOWN WHAT YOU WOULD FEEL COMFORTABLE SHARING WITH A PARTNER.



Break

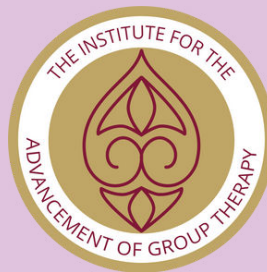


अ
च
ठ
म
ख
ज



Identifying and Challenging "A.N.T. Buddies"

**ALSO KNOWN AS "THINKING
TRAPS" OR "COGNITIVE
DISTORTIONS"**



Replace Absolutes

WORDS LIKE "ALWAYS" AND "NEVER" SUGGEST THAT THINGS ARE BLACK OR WHITE WHEN, IN REALITY, THERE'S A WHOLE SPECTRUM OF COLORS IN BETWEEN.

Always

Never

Nobody

Must

Every

All





Replace Absolutes

FOR INSTANCE, IF YOU SAY, "I`LL NEVER SCORE A GOAL. I SHOULD JUST QUIT!" IT FEELS LIKE YOU`LL NEVER BE ANY GOOD, WHICH MIGHT NOT BE TRUE.

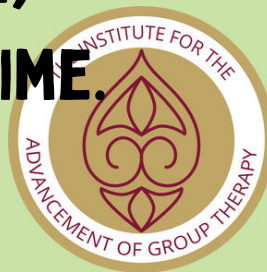
INSTEAD, WE CAN USE WORDS THAT LEAVE ROOM FOR POSSIBILITIES. MAYBE YOU COULD SAY, "SOCCER CAN BE TRICKY, BUT I CAN PRACTICE AND GET BETTER. EVENTUALLY, I WILL SCORE A GOAL."



Hunting "Never"

HOW MANY "NEVERS" CAN YOU FIND?

THE VOICE INSIDE, IT WHISPERS LOW,
"YOU'LL NEVER WIN, YOU'LL NEVER GROW."
NEVER GOOD, AND NEVER SMART,
NEVER WORTHY IN YOUR HEART.
NEVER STRONG, AND NEVER BRAVE,
NEVER ESCAPING FROM THIS CAVE.
NEVER FLYING, NEVER FREE,
NEVER THE PERSON YOU WANT TO BE.
NEVER, NEVER, RINGS THE CHIME,
BUT NEVER GIVE IN, THERE'S STILL TIME.





Be Specific

STATEMENTS THAT ARE GENERAL, VAGUE, OR FOCUS ON THINGS THAT ARE OUT OF OUR CONTROL ARE NOT HELPFUL.

INSTEAD OF PERSONALITY TRAITS, USE SPECIFIC ACTIONS OR EVENTS.





Be Specific

FOR INSTANCE, THE STATEMENT, "I'M SUCH A LOSER," DOESN'T EXPLAIN WHY THE PERSON IS FEELING THIS WAY.

"I FEEL LIKE A LOSER BECAUSE ALL OF MY FRIENDS ARE BUSY DOING SOMETHING ELSE." NOW THAT WE HAVE SPECIFICS, WE CAN BEGIN TO RESTRUCTURE.

"IT IS LATE NOTICE, AND IT MAKES SENSE THAT MY FRIENDS ARE BUSY."



Add A

Counterexample

PROVIDING A REAL COUNTEREXAMPLE OF WHEN THAT NEGATIVE STATEMENT WASN'T TRUE CAN HELP US ESCAPE THE MIND TRAP THAT "A.N.T. BUDDIES" CREATE.

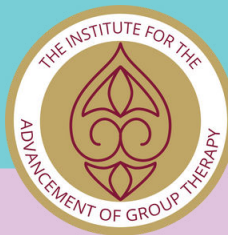




Add A Counterexample

FOR INSTANCE, IF THE STATEMENT IS, "I'M A TERRIBLE PERSON," WE CAN THINK BACK TO A TIME WE DID SOMETHING NICE FOR SOMEONE.

"I CAN BE A GOOD PERSON. JUST LAST WEEK, I SPENT TIME WITH MY GRANDMA AND HELPED HER SHOP."



Identifying and Challenging "A.N.T. Buddies"

- **REPLACE ABSOLUTES**

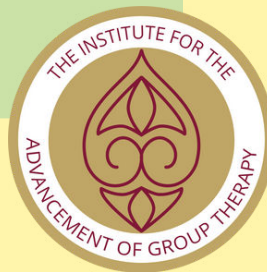
REPLACE WORDS LIKE "ALWAYS" AND "NEVER" WITH MORE ACCURATE, FLEXIBLE LANGUAGE LIKE "SOMETIMES."

- **BE SPECIFIC**

INSTEAD OF PERSONALITY TRAITS, USE SPECIFIC ACTIONS OR EVENTS.

- **ADD A COUNTER-EXAMPLE**

ADD A REASON OR COUNTEREXAMPLE OF WHEN THIS WASN'T TRUE FOR YOU.



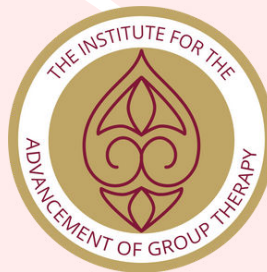
Example 1

"I'M SO STUPID. I'LL NEVER UNDERSTAND THIS!"



Example 2

"EVERYONE ELSE IS BETTER THAN ME AT THIS."



Example 3

"I'M SUCH A DISAPPOINTMENT."



Partner Work

WITH THE PERSON NEXT TO YOU, LOOK OVER THE EXAMPLES OF THE "A.N.T. BUDDIES" YOU BOTH WROTE DOWN EARLIER (DURING INDEPENDENT WORK TIME).

STEP 2: USING THE STRATEGIES WE JUST LEARNED, RESTRUCTURE THE NEGATIVE THOUGHTS INTO MORE POSITIVE, HEALTHY ONES.



Identifying and Challenging "A.N.T. Buddies"

- **REPLACE ABSOLUTES**

REPLACE WORDS LIKE "ALWAYS" AND "NEVER" WITH MORE ACCURATE, FLEXIBLE LANGUAGE LIKE "SOMETIMES."

- **BE SPECIFIC**

INSTEAD OF PERSONALITY TRAITS, USE SPECIFIC ACTIONS OR EVENTS.

- **ADD A COUNTER-EXAMPLE**

ADD A REASON OR COUNTEREXAMPLE OF WHEN THIS WASN'T TRUE FOR YOU.



Share





Break

Deliberate Practice

STEP 1: FIND A PARTNER.

**STEP 2: ALTERNATE READING STATEMENTS FROM THE
"A.N.T. BUDDIES" TASK CARDS SO YOU AND YOUR
PARTNER CAN RESTRUCTURE THEM.**

**STEP 3: WHEN YOU HEAR THE SIGNAL, SWITCH TO A
NEW PARTNER AND START AGAIN.**



Share



Thought Bubble Comic



CREATE A STORY OF YOUR OWN THAT INCORPORATES RESTRUCTURING NEGATIVE SELF-TALK. IT CAN BE ABOUT YOU OR A WORK OF FICTION. YOU CAN USE EXAMPLES WE HAVE ALREADY COVERED TODAY OR ORIGINAL IDEAS.



Share



Wrap!

SHARE YOUR NUMBER ONE TAKEAWAY FROM TODAY.

**HOW WILL YOU USE YOUR NEW SKILL TO HELP YOU
REACH YOUR GOALS?**

**SKILL-PRACTICE SHEET
(DUE AT THE NEXT SESSION)**



Let's Work together

 andrew.bordt@grouptherapycertification.com

 www.grouptherapycertification.com

 657-360-4114

 9465 Counselors Row
Indianapolis, IN 46240



Your Thoughts Matter: Growth Mindset by Esther Pia C...



Copy link



Watch on  YouTube

By Esther Pia Cordova Illustrated By Mariya Elizarova





The whatifs/ A book to help kids overcome anxiety/bedt...

Share

written by Emily Kilgore

illustrated by Zoe Persico

A book to help kids overcome anxiety



Watch on  YouTube



Small Group Work 2

STEP 1: IN A GROUP OF 3-4, READ THROUGH ONE OF THE TWO STORY OPTIONS (YOUR THOUGHTS MATTER, AND THE WHATIFS)

STEP 2: AS YOU READ, THINK OF ONE THING YOU LIKE, ONE YOU DON'T LIKE, AND ONE QUESTION YOU HAVE.

STEP 3: SMALL GROUP DISCUSSION

STEP 4: SWITCH

