

# Restructuring Negative Self-Talk In-Session Workbook

## SESSION OBJECTIVE

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# Max's Box Focus Task



AS YOU LISTEN, CONSIDER THE FOLLOWING QUESTIONS:

**WHAT WAS THE FIRST ITEM MAX PUT IN HIS BOX?**

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**WHAT DO YOU THINK MAX THOUGHT ABOUT HIMSELF WHEN HE HAD TROUBLE READING THE BOOK?**

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**HOW DID MAX FEEL WHEN HE WAS TOO SHY TO MAKE FRIENDS AT THE BIRTHDAY PARTY?**

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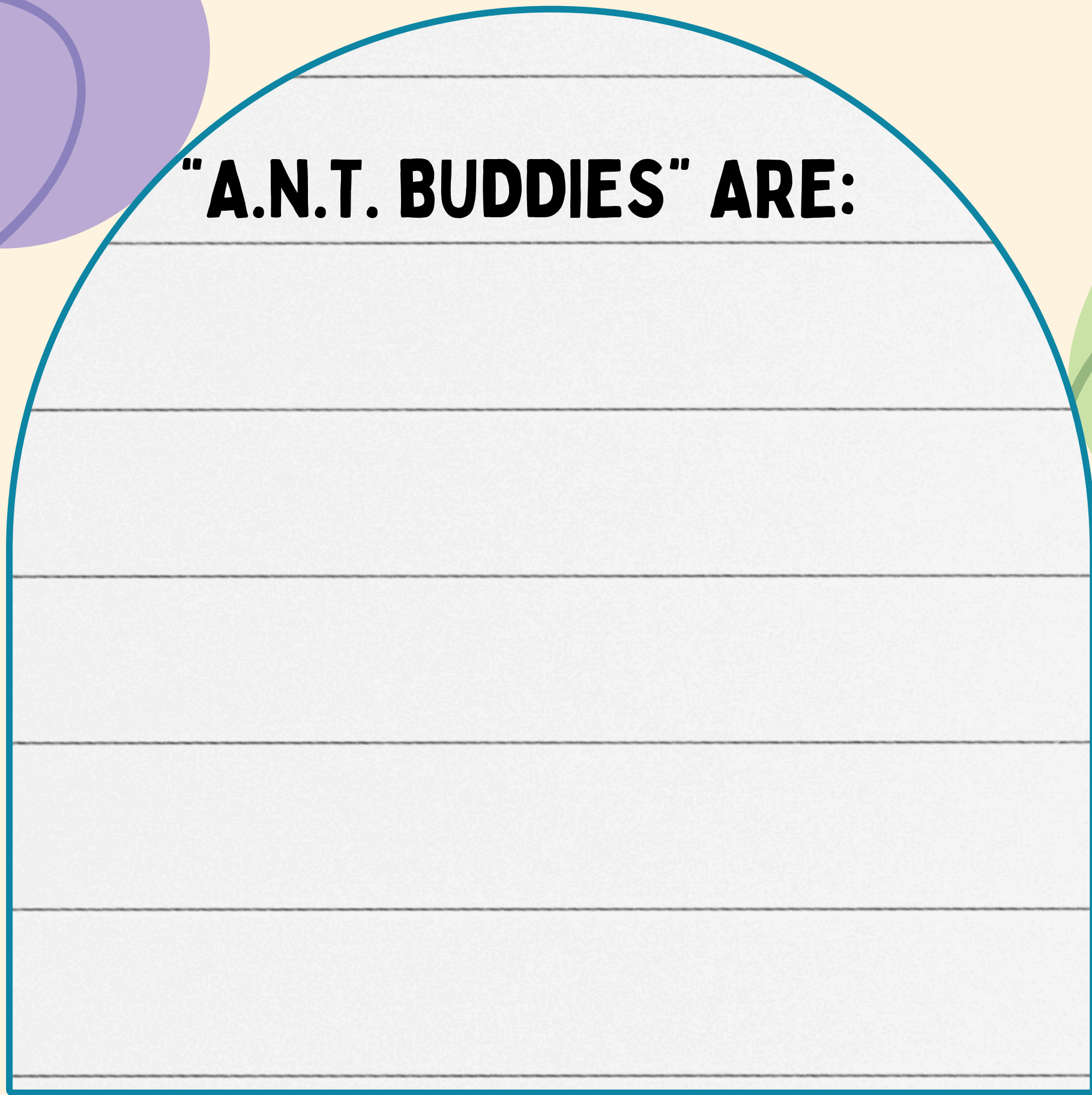
**HOW DOES THIS STORY CONNECT TO TODAY'S THEME OF RESTRUCTURING NEGATIVE SELF-TALK?**

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# "A.N.T. BUDDY" VIDEO FOCUS TASK

**"A.N.T. BUDDIES" ARE:**



## INDIVIDUAL WORK



# Steps to Identifying and Challenging “A.N.T. Buddies”

## STEP 1

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## STEP 2

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## STEP 3

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## PARTNER WORK

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# Restructuring Negative Self-Talk Skill Practice

**WHEN YOU NOTICE AN "A.N.T. BUDDY" POP INTO YOUR HEAD, WRITE IT DOWN. NEXT, USE YOUR STRATEGIES TO RESTRUCTURE IT.**

**THOUGHT: "I'M SO BAD AT THIS. I WILL NEVER GET THIS RIGHT."**

**RESTRUCTURE: "MOST PEOPLE ARE NOT GREAT AT SOMETHING RIGHT AWAY. MAYBE I SHOULD ASK FOR HELP."**

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