

I AM IN CONTROL OF MY OWN FEELINGS!

 Hot Self-Talk 

**makes your rough spots
LARGER, TOUGHER, AND HARDER
to deal with.**

These are the statements that you say to yourself as you make yourself upset, angry, depressed, and scared.

I CAN'T stand it.

This is TOO HARD!

POOR ME! I CAN'T deal with this at all!

IT, HE, SHE makes me mad/angry!

IT, HE, SHE upsets me.

It just CAN'T be this way!

Since I don't like it, IT HAS TO BE THE WAY I WANT IT!

I CAN'T DO IT!

I am NO GOOD!

He/she/they doesn't/don't like or approve of me.

My HOT SELF-TALK hurts me.

 Cool Self-Talk 

**shrinks the rough spots making them
SMALLER, SMOOTHER, and EASIER
to deal with.**

These are the statements that you say to yourself to make yourself feel calm, optimistic, and confident.

STOP! Take a deep breath! Relax!

This IS hard! But, I can deal with it

It's frustrating. I don't like it. So what!

No one can make me angry except MYSELF.

I upset myself.

I have control ONLY over MYSELF, no one else

It DOES NOT HAVE to be the way that I want all the time.

Just because I did NOT GET IT YET doesn't mean that I won't if I keep trying.

I am neither worthwhile nor worthless because I can or can't do something.

Sometimes people WON'T LIKE ME! That's tough! Not everyone has to like me. I can deal with that.

I will use my COOL SELF-TALK to help me.

Helpful Ideas

It's great to have people's love and approval – but when I don't I can still feel O.K. about myself and find ways to be happy in life.

The worst probably won't happen, but if it does, I can find ways to get through it.

I can be good-natured even when people and circumstances don't follow the plans I had for them.

I can accept myself as a person with both strengths and shortcomings.

After all, I'm a fallible human being with human qualities of insecurity and imperfection.

I'm not perfect. No one is! But, I can strive for excellence in the important tasks of life.

I Don't Know Why

I don't know why.

I don't have to know why.

I don't like it.

I don't have to like it.

What I do have to do is make a choice about my living.

What I do want to do is accept it and go on living.

The choice is mine.

I can go on living, valuing every moment in a way I never did before.
Or I can be destroyed by it and, in turn, Destroy others.

I thought I was immortal,
That my family and my children were also.
That tragedy happened only to others.
But I know now that life is tenuous and valuable.

So I am choosing to go on living, making the most of the time I have, valuing my family and friends in a way never possible before.

Iris Bolton

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