

Practicing Positive Self-Talk

The Event	Disparaging Self-Talk	Positive Self-Talk
It’s next year. You have just started high school. Very few of your acquaintances are in your class section. None of your close friends has the same lunch period as you. High school feels like a lonely, friendless place where you don’t belong.		
You have to do a science fair project, but you’ve never done one before. It seems like some of your classmates already know what to do because they did science fairs in their old school.		
Your freshman English class requires a lot of writing every week. But, you’ve never had a class teaching you about how to write. You struggle deciding what to write about and how to best convey your ideas in words.		



Confronting Challenges: Managing Stress