

MAKING POSITIVE STATEMENTS ABOUT YOURSELF

Directions

First, list five positive things you can say to yourself. Say them out loud three times. Then rate each statement as to how much you believe it, using the following rating scale: 1=I don't really believe this about myself at all 10=I know this is true.

Positive Statements

Positive statement 1) _____

How much do I believe this? 1 2 3 4 5 6 7 8 9 10

Positive statement 2) _____

How much do I believe this? 1 2 3 4 5 6 7 8 9 10

Positive statement 3) _____

How much do I believe this? 1 2 3 4 5 6 7 8 9 10

Positive statement 4) _____

How much do I believe this? 1 2 3 4 5 6 7 8 9 10

Positive statement 5) _____

How much do I believe this? 1 2 3 4 5 6 7 8 9 10