Supportive Self-Talk Cards

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character feels nervous entering a new group.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Write believable coping statements instead of promises that nothing bad will happen.

3. Which sentence sounds credible?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.