

TALKING BACK AND TALKING FORWARD

We often unconsciously (without knowing) can talk/think negatively towards ourselves and put ourselves down. Talking Back refers to the way we speak to ourselves which can be positive, negative, or neutral. You can think of this as the little voice inside your head that represents your thoughts and emotions. Talking Forward refers to the way we speak to others. We speak to those we care for with intention and hold them gently in time of need, but we often don't show ourselves the same gentle kindness and hold ourselves to impossible standards. The goal here is to encourage reflection on the ways we would talk to our best friend versus the ways we talk to ourselves: Is there a way to extend the same compassion in both situations?

SUPPLIES NEEDED:



Journal



Writing Utensil



Re-Storying Handout

DIRECTIONS:

1 BRAINSTORM

Think of a situation that has shaped you into the person you are today. This can be either a positive or negative experience.

2 WRITE A STORY

Using the situation you thought of, write about it using the third person, not as yourself. Write what thoughts and feelings were present at the time.

3 READ YOUR STORY

Read your story aloud to yourself and imagine someone you care about was telling you this story. Imagine them telling you this as if it had happened to them. If someone you cared deeply about was telling you this story, how would you support them? What would you tell them in this situation?

4 REFLECT

Reflect on the advice and support you would give to this person and say it aloud to yourself. Try your best to hear and believe these positive words. Use this to reframe negative thoughts and ideas about yourself.

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RE-STORYING SELF-TALK

Think about a situation that has shaped you into the person you are today. Write about it below. On the side, write what thoughts and feelings were present at the time

THE STORY

THOUGHTS

EMOTIONS



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