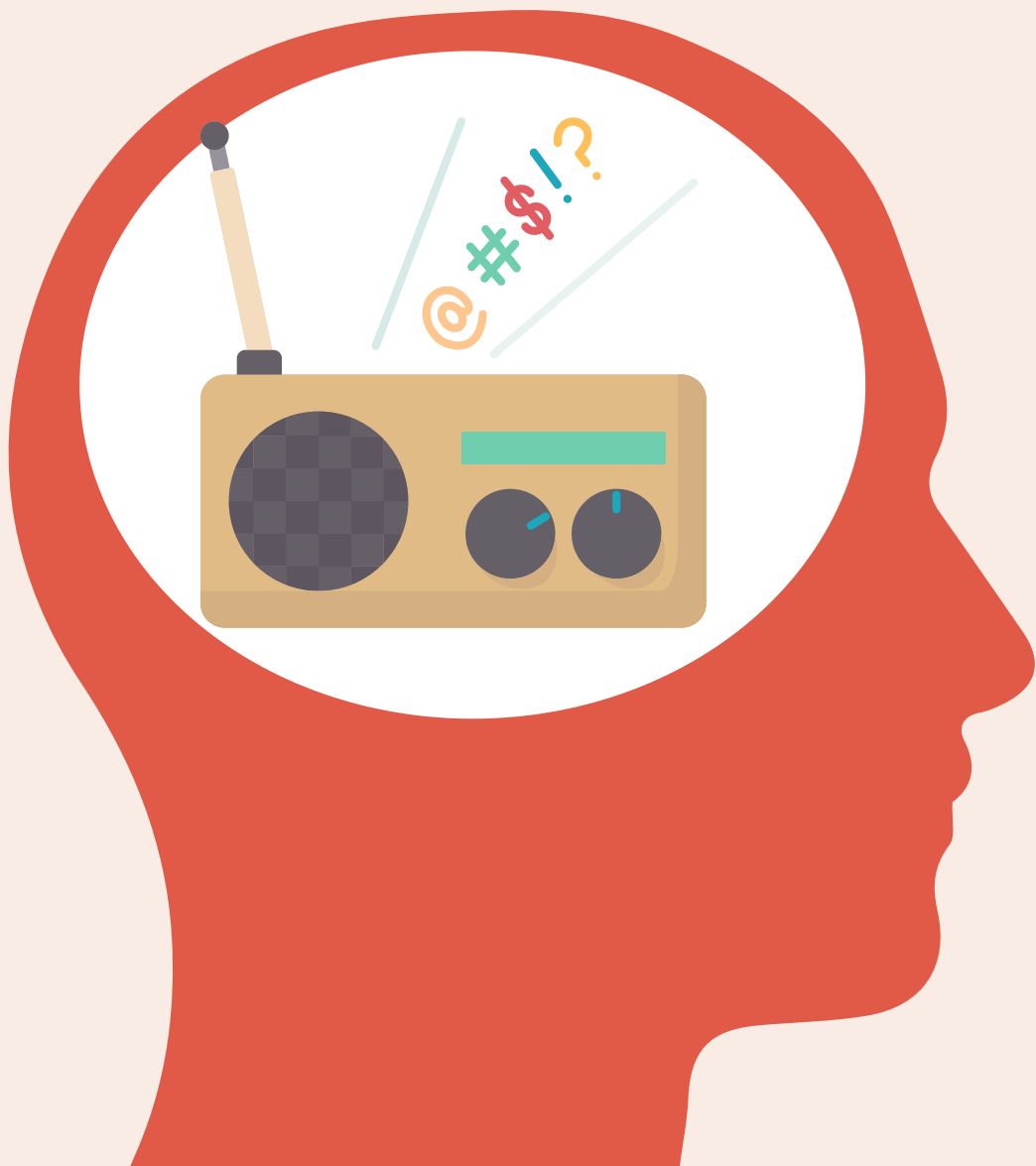


The Radio In Your Mind

Recognizing Your Self-Talk



The Radio In Your Mind



It's helpful to visualize how you speak to yourself as a radio in your mind.

Your radio has **different stations** that are broadcasting messages to you.

Some messages are helpful, kind, and encourage a growth mindset.

While other messages are critical, judgmental and unhelpful.



The Radio In Your Mind



However, the messages you are telling yourself may not always be your own voice.

It may be the statements and messages you heard others say to you.

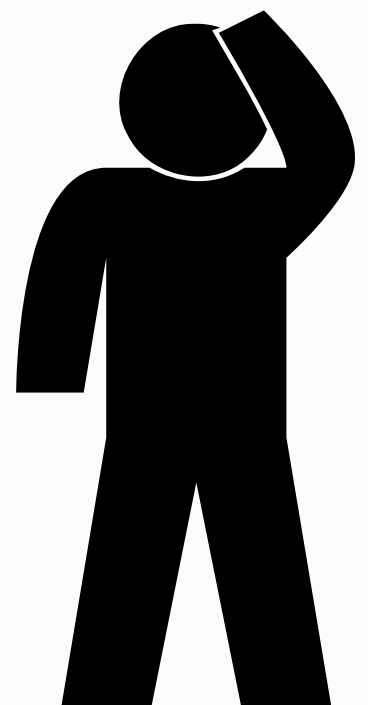
Think about this for a second...
when you make a mistake...
what do you say to yourself?
Is it a helpful message?

Is it your own voice or the statements
you have heard from others?

**Mistakes
happen; what
can I learn from
this?**

**I'm a failure!
That's not good
enough.
I NEED to be
PERFECT!**

**That's wrong!
That is not
good enough!**

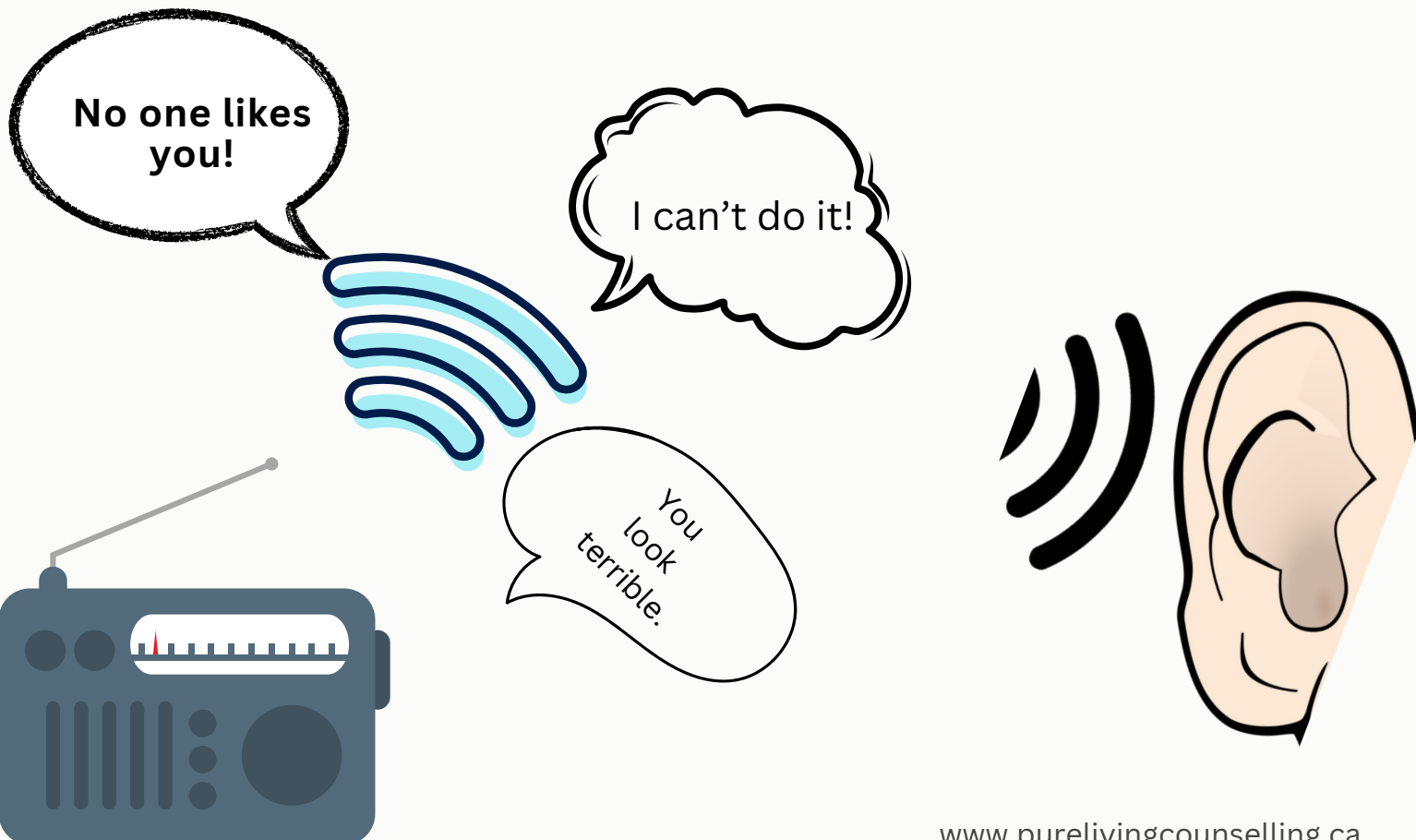


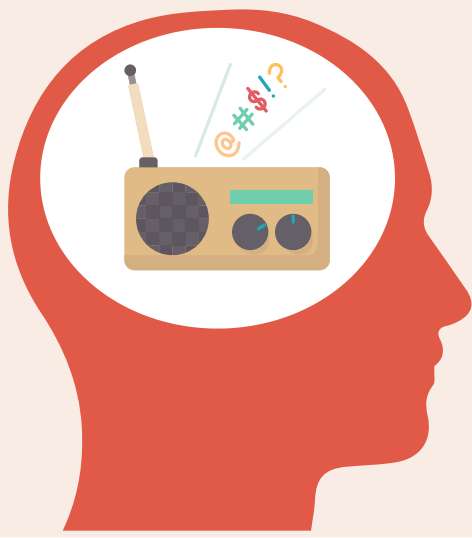
The Radio In Your Mind



Since your radio has different stations some of those stations may be operated by other people in your life AND they are playing the messages they said to you.

Therefore, it is actually **NOT** YOUR OWN Self-Talk .





Exploring The Radio In Your Mind

1

Identify the people who hold a station on your radio.

Use the template below; a template for each person.

***Remember to include your own.

2

List the unhelpful and helpful messages they broadcast.

3

What is the volume of each station?

(The higher the volume- the louder the station is in your mind).

4

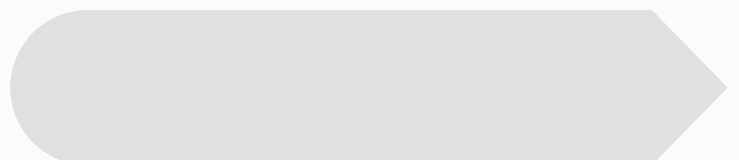
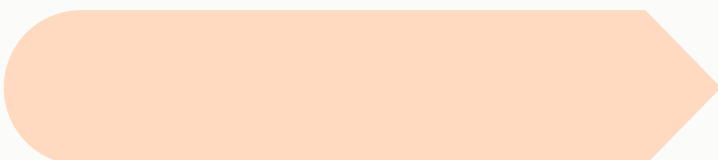
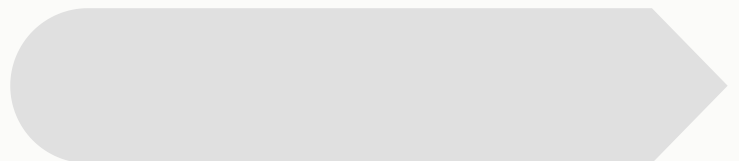
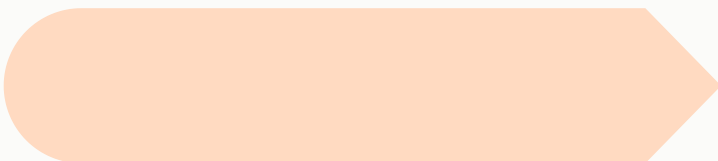
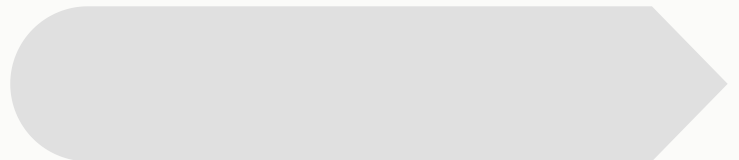
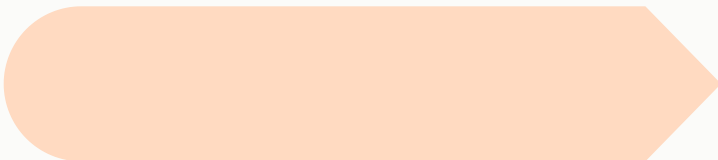
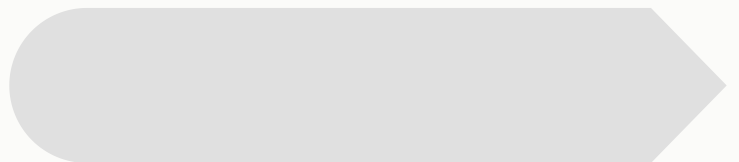
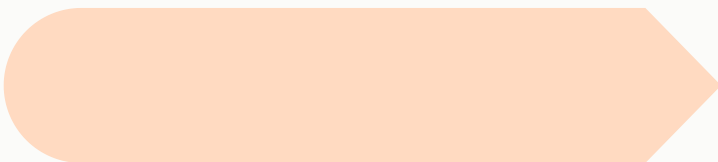
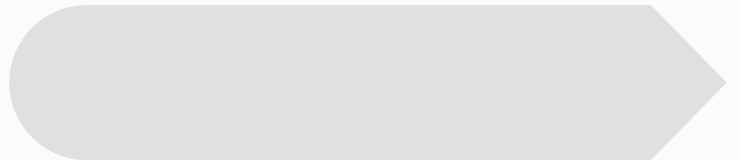
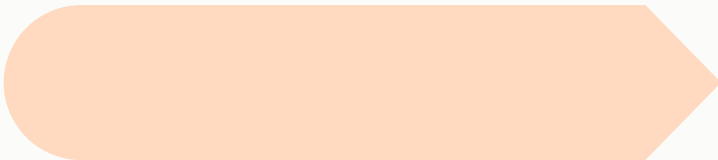
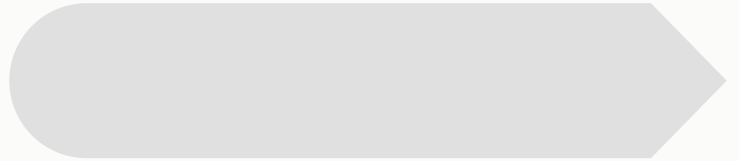
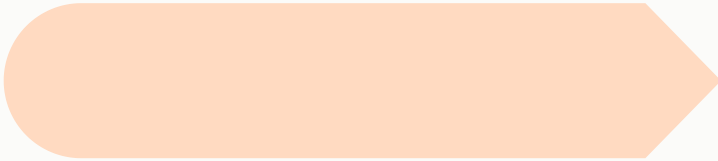
Circle the messages that you replay often to yourself from each station.

Radio Station

Who is broadcasting

HELPFUL MESSAGES

UNHELPFUL MESSAGES



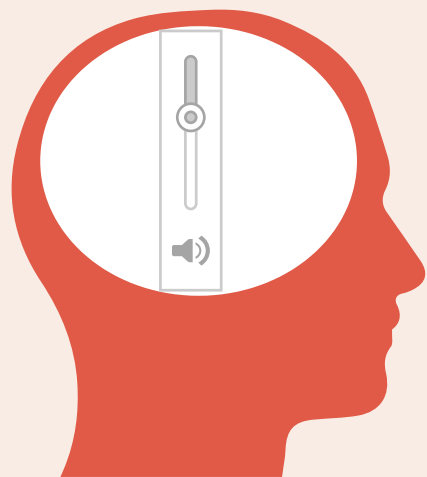
Volume

0

5

10

Turning Down the Volume of Unhelpful Messages & Creating Growth Mindset Messages



Write down the unhelpful messages that you replay often to yourself.

Provide a counter helpful message that encourages a growth mindset.

UNHELPFUL MESSAGES

Don't try out for the team, You will never make the team!

Empty arrow-shaped box for writing an unhelpful message.

Empty arrow-shaped box for writing an unhelpful message.

Empty arrow-shaped box for writing an unhelpful message.

Empty arrow-shaped box for writing an unhelpful message.

Empty arrow-shaped box for writing an unhelpful message.



NEW MESSAGE

I am going to try out for the team and try my best.
I am proud of myself for trying.

Empty arrow-shaped box for writing a new message.

Empty arrow-shaped box for writing a new message.

Empty arrow-shaped box for writing a new message.

Empty arrow-shaped box for writing a new message.

Empty arrow-shaped box for writing a new message.



Dialing UP the Volume of Helpful & Growth Mindset Messages

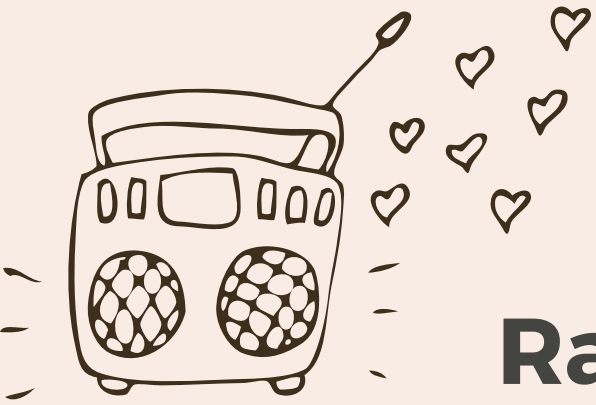
1

Compile all the helpful and growth mindset messages and write them down.

2

Circle at least **3** messages from your list.
These will be your ***DAILY PLAYLIST***.

*If your radio is playing limited positive helpful messages-
Choose from the suggestions list below.*



My Radio Station

HELPFUL MESSAGES

Blank message box

Blank message box

Blank message box

Blank message box

Blank message box

Blank message box

Blank message box

Blank message box

Blank message box

Blank message box

Blank message box

Blank message box

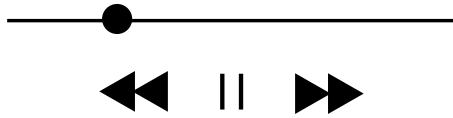
Blank message box

Blank message box

Blank message box

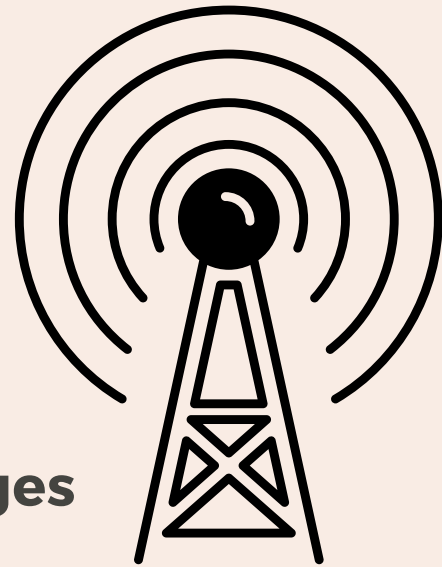
Blank message box

My Playlist



Name of your playlist

NOW BROADCASTING



Positive Messages

Growth Mindset Messages

- I am enough.
- I am safe.
- My opinion matters.
- I am proud of myself.
- Process NOT Perfection.
- I love myself.
- My worth is not determined by _____.
- I can go at my own pace.
- My emotions are valid.
- Boundaries are healthy.
- Balance is healthy.
- I've got this!
- With effort and practice, I can improve.
- Challenges can be opportunities to learn.
- My past does not define me, I can actively shape my future.
- Asking for help is an opportunity to learn from others.
- I am open to trying to strategies.
- Self-care is an opportunity to reset and recharge.



Believe
in
Yourself!

Turning UP YOUR OWN STATION

Remember to play your own station and broadcast helpful and growth mindset messages.

If the unhelpful messages start to play...remember
YOU CAN ALWAYS CHANGE THE STATION.

When you reinforce your positive messages, you are creating NEW neural pathways in your brain. Which means...faster accessibility to more helpful and compassionate self-talk.

