



Student Name: _____

Obtain Marks: _____

Self-Talk Reframe Sheet

Emotional Regulation



INSTEAD OF THINKING...

This is too hard, I give up.

I can't do anything right.

I'm bad at this.

I'll never get this.

TRY THINKING...

This is hard. I can try one step at a time.

I don't always get it right, and that's okay.

I'm still learning this it takes practice.

I don't have this yet, but I'm getting better.