

Activity 1: Evaluating Feelings

Topic: Trying New Things

Instructions: Express and evaluate your thoughts by answering the following honestly and completely.

- Write down the worst thing you think could happen if you didn't do well as you would like at:

Skill	Answer
• Learning pottery	
• Reading aloud or public speaking	
• Surfing	
• Learning how to play the piano	
• Introducing yourself to the opposite sex	

- List down some additional new things that you could try and the worst and best things that could happen.

I could try...	The worst thing that could happen is...	The best thing that could happen is...

- Based from the other items, give examples of negative self-talk. Then, input its corresponding positive self-talk.

Negative Self-talk	Positive Self-talk

Evaluating Thoughts, Feelings, and Behaviors

Guide Questions

- Identify the most negative idea that you've written on your activity sheet. Share the reason behind this.
- Identify the most positive idea that you've written on your activity sheet. Share the reason behind this.
- Can you define negative self-talk and its effects on your thoughts?
- Can you define positive self-talk and its effects on your thoughts?
- What did you realize after this activity?
- How can your realizations affect your daily life?

Reference

Pettry, Danny II. (2006). Exploring emotions through activities. Retrieved from http://www.dannypettry.com/ebook_emotions.pdf