

Activity 1: Evaluating Feelings
Topic: Trying New Things

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

1. 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	

2. 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...

3. 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

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