

Self-Talk Reframe Sheet

Emotional Regulation



INSTEAD OF THINKING...

This is too hard, I give up.



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

I can't do anything right.



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

I'm bad at this.



I'm still learning this it takes practice.

I'll never get this.



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

