



Overcome

NEGATIVE SELF-TALK

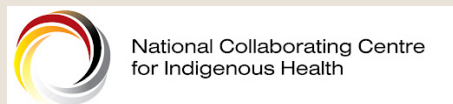
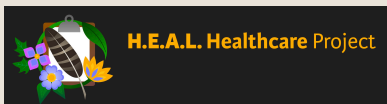
WORKSHEET

Exploring Wahkotowin- we are all related

WITH THE HELP OF MISTAMTIM,
THE HORSE

OVERVIEW: As you were able to observe in the video, horses instantly notice subtle changes in a person's thoughts whether positive or negative through the biological changes in the person's body. Perhaps it was a rise in heart rate, maybe a tightening of the muscles, or tension in the person's jaw. Whatever it was, the horse saw it and reacted. With the help of the horse, we know that changes in the body are happening and they can be picked up by others around us. This worksheet will help you identify your own negative self-talk and begin to replace those thoughts with positive ones.

3H-HEAD HAND HEART EQUINE
ASSISTED LEARNING





1. IDENTIFY AND LABEL

Think back to the video - remember the moments where the participants were thinking negatively and how the horse reacted. These thoughts are 'visible' to others. Take a moment to recognize when you are thinking something negative about yourself, this is "negative self-talk." List ones that you often think below. **Extra credit:** Monitor your thoughts for one day and write down each negative thought that comes into your mind. How many did you have?

EXAMPLES

THAT WAS SO STUPID OF ME

NEGATIVE POSITIVE

I'M NEVER GOING TO GET THIS RIGHT

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE



2. CHALLENGE THE THOUGHT

Now remember the moments in the video where the participants changed their thought to a positive one and how the horse reacted. These thoughts are also noticeable by others. Once you identify and label your negative self-talk on the previous sheet, take a moment to challenge the thought. Ask yourself, is this thought true? Write your answers below.

EXAMPLES

THAT WAS SO STUPID OF ME

Is this really true? What could I have done differently?

I'M NEVER GOING TO GET THIS RIGHT

What evidence do I have that this is true? What could I do to increase my chances of success?



3. REPLACE THE THOUGHT

Once you have challenged the thought, replace it with a positive thought. Say each positive thought aloud or in your head. **Extra Credit:** Notice how you feel in your body as you write and say the positive thought. Do you relax your shoulders? Do you sigh? Do you feel relieved? Those feelings can also be seen and felt by others.

EXAMPLES

THAT WAS SO STUPID OF ME

I made a mistake, but I can learn from it and do better next time.

I'M NEVER GOING TO GET THIS RIGHT

I'm learning new skills, and I can use the resources available to me to reach my goal.

Blank box for negative thought.

Blank box for positive thought.

Blank box for negative thought.

Blank box for positive thought.

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Blank box for negative thought.

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