

The Names You Call Yourself

Looks at the words you use on yourself and what they are actually doing.

WHEN TO USE THIS

Use this if you call yourself things you would never call anyone else.

What names do you call yourself when something goes wrong?

1. _____
2. _____
3. _____
4. _____

Where did you first hear those words? Who said them?

What are you hoping the name-calling will make you do?

Try harder. Stay small. Get it right next time.

Does it work? What does it actually leave you with?

Nobody ever got better at something by being called names, including by themselves.