**M2: A2 Changing Your Self Talk**

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|  | **Think about something at work that causes you stress (or times when you put yourself down most often). What positive self-talk message can you say to yourself during those times? If you need some ideas, see Step 3 in the lesson.**   * **Write the positive message and post it somewhere visible as a reminder.** * **Also write this positive message in your eJournal. Your homework practice asks you to say this positive message to yourself, every day, especially when you feel under stress.** |