

Outline

Getting Rid of the Wrong Self-Talk

What do you say to yourself when you fail? When you succeed? When you encounter loss? For most of us, it's not a helpful message. Have you ever told yourself you're a loser? Self-talk can encourage or handicap you. This lesson will teach you where self-talk comes from, how to get rid of the unhelpful type, and how to maximize the helpful aspects.

DVD small group discussion questions:

#1: What is your normal self talk when you make a mistake?

#2: What is its source?

#3: Who can you go to this week, in order to get other sources?