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CONVERSATIONS STARTERS TO DISCOVER YOUR CHILD'S NEGATIVE SELF-TALK

YOUR CHILD SPENDS MOST OF THEIR LIFE IN THEIR HEAD. DO YOU KNOW WHAT KIND OF PLACE IT IS?

DOES THEIR INNER VOICE... CRITICIZE? CHEERLEAD? DEMAND?
SYMPATHIZE? VICTIMIZE? COMPARE?



CONVERSATION STARTER #1

ASK THEM:

"If you and I were trying to meet for the first time, never having seen each other before, how would you describe yourself to me so that I could find you in a restaurant? What does your hair look like? Your face? Your body?"

LISTEN:

Does your child use kind or hurtful words? Is your child realistic, demeaning or wishful?

CONVERSATION STARTER #2

ASK THEM:

"If you had a movie made about you, what would the title be? What would the trailer sound or look like? What genre would it be - comedy, drama, cartoon, action?"

LISTEN:

Are the words positive or negative? Does your child focus on their strengths or weaknesses?

CONVERSATION STARTER #3

ASK THEM:

"If you ran a race, what would you say to yourself and the other racers if you came in...1st place, 5th place (in the middle of the pack), last place?"

LISTEN:

Is your child encouraging to self and others? Critical? Accepting? Disappointed?

TO GET THE MOST OUT OF THESE CONVERSATIONS

- ◆ CHOOSE A CALM, QUIET, UNHURRIED PLACE AND TIME TO ENCOURAGE DISCUSSION.
- ◆ SHARE HOW YOU WOULD ANSWER THE QUESTIONS ABOUT YOURSELF.
- ◆ BE OPEN, HONEST, AND VULNERABLE TO ROLE MODEL FOR YOUR CHILD THAT EVERYONE HAS A MIX OF INNER VOICES: POSITIVE AND NEGATIVE

Mindset is everything. Teach it early.

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I purchased the growth mindset kit for my daughters and I have seen such great changes in the way they view obstacles. They are more open to finding solutions. I also use them in my therapy sessions."

- Alexandra D."

★★★★★

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"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves! A real game-changer!

- Katharine B.

★★★★★

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