

Self-Talk Worksheet

To deal with Ag-Related and Personal Stress

Old Pattern

New Pattern



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To deal with Ag-Related and Personal Stress

EXAMPLE

Old Pattern

Example 1: I'm a failure at farming

Example 2: I don't like the way I look, my thighs are huge

Example 1: Worried, Embarrassed, Angry, Sad, Frustrated

Example 2: Depressed, Sad, Unmotivated

Example 1: Verbally "snap" at others; Unable to sleep at night; Drink too much alcohol

Example 2: Isolate oneself; Stay home rather than going for a walk, to the gym or out for dinner

New Pattern

Example 1: I did everything in my power to get the crop off the field; I never gave up

Example 2: I am proud of myself for exercising, I have athletic-looking legs

Example 1: Empathetic, Hopeful, Compassionate

Example 2: Honest, Empowered, Inspired

Example 1: Talk calmly with others; Sleep better; Drink in moderation

Example 2: Exercise; Grab coffee or dinner with a significant other or friend; Go out in public



THOUGHTS



FEELINGS



BEHAVIORS