

Worksheet 01.13 The Three Ps

Name: _____ Date: _____

In the spaces provided in the left column below, list some examples of your own Permanent, Personal and Pervasive self-talk. These are things you tell yourself about yourself. In the spaces in the right column, modify your statements so that they are no longer Permanent, Personal and Pervasive. Use the examples provided as guidelines.

Permanent Statements I Use	
<i>"I always mess things up"</i>	<i>"Sometimes I mess things up, but overall I do my best in most situations."</i>
Personal Statements I Use	
<i>"Ralph looks mad. I must have done something to make him angry"</i>	<i>"Maybe Ralph's just having a bad day, and his mood has nothing to do with me."</i>
Pervasive Statements I Use	
<i>"Everything I do ends in disaster"</i>	<i>"Sometimes I feel that things always end in disaster, but occasionally things work out as well"</i>