

Thought Awareness Game Item List

Read in this order.

Self-Talk Items	Response
1. I am a likeable person.	
2. I have a lot of things to be grateful for.	
3. I am a bad person.	
4. I like my hair.	
5. My friends care about me.	
6. No one understands me.	
7. Why can't I have a good family?	
8. I think that school is really important.	
9. I really like my friends at school.	
10. My teachers want me to be the best I can be.	
11. When things go wrong, it is always my fault.	
12. Things in life will get better.	
13. If I keep trying at something tough, I will eventually succeed.	
14. My family always makes things difficult for me.	
15. If I am a good person, I will be successful in life.	
16. When bad things happen, it isn't always my fault.	
17. No matter how hard I try, I will never succeed.	
18. Most people in the world are good people.	
19. It is important to be nice and caring to other people.	
20. I shouldn't do what my parents and teachers tell me to do.	
21. I can't do anything right.	
22. When things are hard, I will try my best.	
23. I can do anything that I put my mind to.	
24. Life just isn't fair.	
25. It feels good to be young and full of energy.	
26. I like my life the way it is.	
27. My life always gets messed up.	
28. Even if things are going wrong, they will eventually get better.	
29. I have the power to change things in my life.	
30. No matter what I do, things always go wrong.	