Watch the episode and mark the statements True or False

1.Being caught talking to yourself can feel educating. **True** **False**

2.Talking to yourself is completely crazy. **True** **False**

3.It also includes reflections throughout the day. **True** **False**

4.We know this internal self-talk is unimportant. **True** **False**

5.What you say in these conversations can have a real impact on your self-expression. **True** **False**

6.One study found that this kind of self-talk was especially beneficial for reducing stress. **True** **False**

7.Cognitive behavioral therapists teach strategies to identify negative thoughts and replace them. **True** **False**

LIVEWORKSHEETS