

## Self-Talk Worksheet

To deal with Ag-Related and Personal Stress

### Old Pattern

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### New Pattern

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## Self-Talk Worksheet

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



#### 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:** Worried, Embarrassed, Angry, Sad, Frustrated

**Example 2:** Depressed, Sad, Unmotivated



**Example 1:** Empathetic, Hopeful, Compassionate

**Example 2:** Honest, Empowered, Inspired

**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



**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