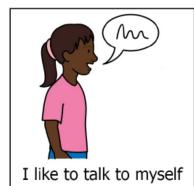
Self-Talk





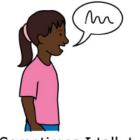
It can help me process something that happened that day



Or I may do it when I am bored

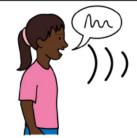


Or I may talk to my favorite movie character

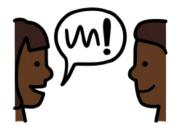


Sometimes I talk to myself in my head





Sometimes I talk to myself out loud



Other people might hear what I say



I can talk to myself out loud in private places like my bedroom



If I talk to myself out loud in public, my family or friends may remind me we are not in private



They can give me a secret sign like tapping on my shoulder



I can either be quiet or go somewhere private to talk to myself out loud



It is ok if I talk to myself sometimes



Just remember if my talk is out loud, it should be in private



If I have a question, I can ask a trusted adult