

AFROG
Challenging Self-talk

A - Alive: *Does my self-talk help keep me alive?*

F - Feelings: *Does my self-talk make me feel better?*

R - Reality: *Is my self-talk true and rational?*

O - Others: *Does my self-talk help me get along with others?*

G - Goals: *Does my self-talk help me reach my goals?*