### Read each situation and complete the questions under each heading.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Situation | In what ways might your friends and/or family influence you to **not** do this | In what ways might your friends and/or family influence you to **do** this | What **self-talk** might influence you to **do** this? | What **self-talk** might influence you **not** to do this? |
| Helping a friend who is being bullied |  |  |  |  |
| Doing your homework |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Situation | In what ways might your friends and/or family influence you to **not** do this | In what ways might your friends and/or family influence you to **do** this | What **self-talk** might influence you to **do** this? | What **self-talk** might influence you **not** to do this? |
| Wearing a bike helmet |  |  |  |  |
| Always playing games fairly |  |  |  |  |
| Smoking a cigarette for the first time |  |  |  |  |