




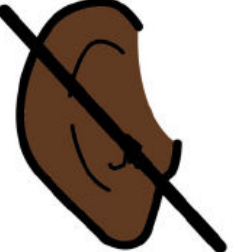
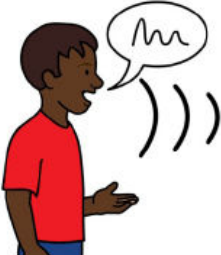
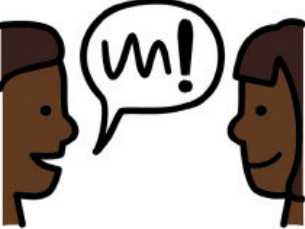
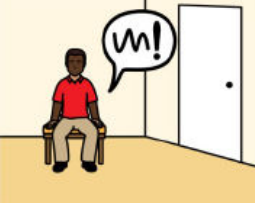


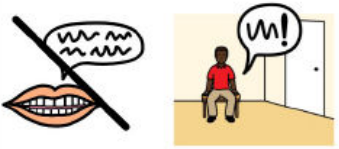
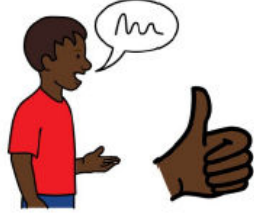
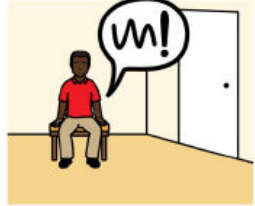



Self-Talk

 <p>I like to talk to myself</p>	 <p>It can help me process something that happened that day</p>	 <p>Or I may do it when I am bored</p>	 <p>Or I may talk to my favorite movie character</p>	 <p>Sometimes I talk to myself in my head</p>
 <p>No one can hear what I say</p>	 <p>Sometimes I talk to myself out loud</p>	 <p>Other people might hear what I say</p>	 <p>I can talk to myself out loud in private places like my bedroom</p>	 <p>If I talk to myself out loud in public, my family or friends may remind me we are not in private</p>
 <p>They can give me a secret sign like tapping on my shoulder</p>	 <p>I can either be quiet or go somewhere private to talk to myself out loud</p>	 <p>It is ok if I talk to myself sometimes</p>	 <p>Just remember if my talk is out loud, it should be in private</p>	 <p>If I have a question, I can ask a trusted adult</p>