



This thinksheet supports the concepts taught in the *Superflex Curriculum* and *Social Town Citizens*

Introducing the Self Coach at Home

- 1.) Define a specific situation to problem solve together. The smaller/more detailed the better.
- 2.) Draw a picture of what your inner defeater looks like. Give it a name. What does it sound like? In other words, what do you say to yourself when you are having a hard time? Now do the same for your inner coach.
- 3.) Incorporate both drawings into routines. Post them on the fridge or somewhere easy to reference. Check in. Increase awareness of both inner defeater and self coach moments.

Inner Defeater

A large, empty rectangular box with a blue border, intended for drawing the inner defeater.

Self Coach

A large, empty rectangular box with a blue border, intended for drawing the self coach.