

# Changing Our Headphones

Ban, delete, shred, obliterate the words:  
"I'm not good enough". Karen Salmansohn

.....

## Wearing the headphones of confidence, value and strength

A constant song that is implanted in the minds of our teens (and us) is **"never good enough"** – usually on replay. "I'm not this enough, I'm not that enough, I don't have this so I can't that, I do have that so I can't this..."

We can help girls claim truths over their lives, instead of constantly listening to the lies that media, other people and they themselves have said.

We need to help equip girls to wear the headphones of confidence, value and strength, and drown out the onslaught of negativity and "never good enough".

## Resource Activities

### Trash Can Thoughts Activity Cards - page 2

Before the girls fill out their true playlists, it could be helpful to discuss what are the thoughts on replay in their minds at the moment?

This can simply be a discussion or use the Trash Can Thoughts Activity Cards to help the girls write down the negative or unhelpful thoughts – throwing them out in the trash can and deleting them. These thoughts do not belong on their mind's playlist.

You can get the girls to share their thoughts, as most likely other girls will have similar thoughts and this can be an uplifting and eye-opening activity.

Positive and helpful thoughts can be added to their playlists / headphones.

### My True Playlist | Helpful Headphones Activity Cards - page 3

This activity helps girls create a new playlist to listen to, helping them speak value and strength over their lives and be confident in who they really are.

It's helpful to discuss these thoughts with the girls, affirming them and helping them see the truth about themselves.

Statements could start with: I am..., I can..., I have... etc, or anything that are helpful statements for them to continually listen to and speak out.

Encourage the girls to keep these playlists somewhere they can constantly see them and repeat the truths over and over again (until they really sink in and they believe them).

## TRASH CAN - Delete Negative Thoughts

What thoughts are on replay in your mind at the moment?

If they are positive and helpful, they can be added to your playlist.

If they are negative or unhelpful, delete them – write them in the trash can. These do not belong in your mind!

Every time they come back, throw them out again.

Do not let them stay on repeat in the playlist of your mind.



Esteem Designz

Do not let these thoughts be on replay!

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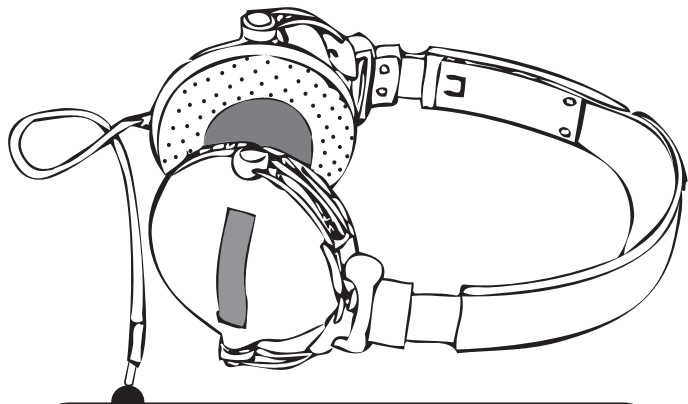
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## YOUR PLAYLIST

= Choose what you listen to about yourself =

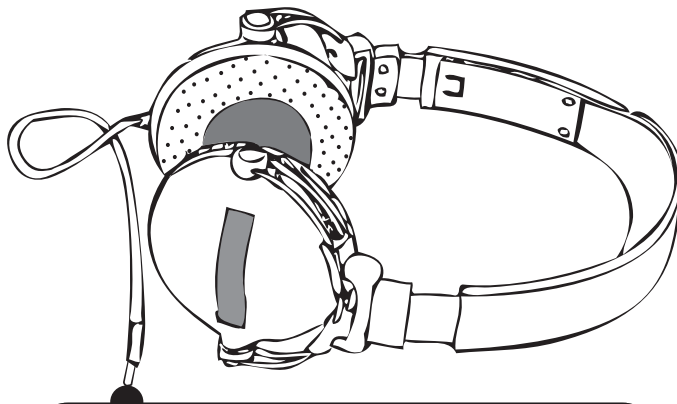
Write 10 encouraging and true statements about yourself, or strengths / characteristics you have.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Drown out lies. Declare the Truth!  
Replay these over and over until you believe them.

If you need help to write these statements, ask someone you trust



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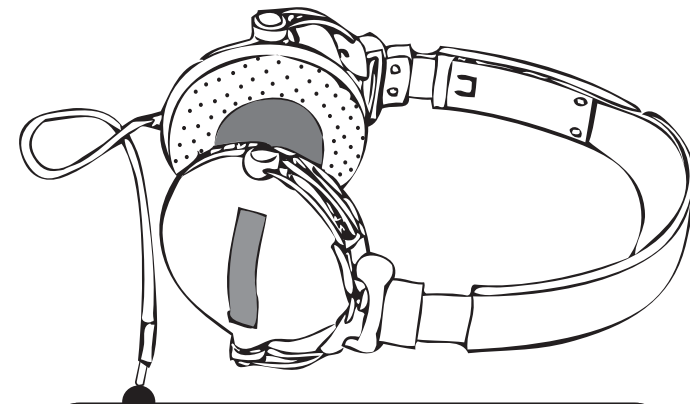
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