



SELF-TALK TIC-TAC-TOE

THINK. CHOOSE. GROW.



S3-019

NAME: _____ DATE: _____ SESSION: _____

Take turns with your client playing tic-tac-toe. When you place your mark (X or O), both players answer the prompt in that spot. Great for building self-awareness, communication, and positive thinking!



You



Your Client

1

What is something you're proud of?



2

What helps you calm down?



3

What is a strength about you?



4

What is something you can let go of?



5

What is a goal you're working on?



6

What is something you enjoy doing?



7

What does a good day look like for you?



8

What is something you learned from a challenge?



9

What is one way you can show kindness to yourself?



REFLECTION TIME



After the game, take a few minutes to reflect together.

Which questions were the most meaningful for you?

What did you learn about yourself today?

What is one thing you want to focus on this week?

SCORE TRACKER



You (X): _____

Your Client (O): _____

Tie Game: _____

Remember: The goal isn't to win—it's to understand and grow!



BONUS ROUND (Optional)

Create your own question for your partner to answer.

Your question: _____

Your partner's answer: _____



WOULD YOU RATHER?

Ask your partner a fun "Would You Rather?" question!

My question: _____

Their answer: _____



CLOSING THOUGHT

What is one positive takeaway from our time together today? _____

You've got what it takes.

