**GROUP OR FAMILY EXERCISE**

***For Practicing Courage***

Our Lizard Brain is our primitive brain that operates out of a fight/flight/survival mode. It is very reactionary, reflexive, and impulsive as it acts on basic instincts and quick responses to protect you.

Our Lizard Brain sees everything as a threat and in that way, it’s like it’s always quickly sending mean/fearful/anxiety-provoking statements to us in our heads. To show our inner courage we need to “talk back to the Lizard” and replace those negative statements with positive, self-affirming ones.

Read the following negative statements out loud, inviting someone to “Talk back to the Lizard” and replace the statement with a positive one:

* I have to do this because everyone else is doing it.
* I can’t raise my hand because my answer might be wrong.
* I am so mad. I’m going to explode.
* I’m not smart enough for this.
* No one likes me. Everyone is against me.
* I’m so overwhelmed, I can’t think straight.
* I’m not good at this (soccer, football, cheerleading) so I won’t try out.
* I’m ugly. I don’t measure up to everyone else.
* I can’t do anything right. I give up.
* I feel lost. I can’t handle this.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(now you share some that go through your head)