

THE MONSTER IN THE MIRROR

Written and Directed
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DON'T SHOW THEM WHO YOU
REALLY ARE



Activity 3 Comforting Your Monster

Comforting Your Monster

There could be times when our Monsters get too loud and overwhelming.

It may be helpful to be mindful of what your Monster is saying to you and practice positive self-talk with your Monster.

**Step 1: In the space below, draw a picture
of your Monster and describe it in
three words.**

A large, empty white rounded rectangle with rounded corners, intended for drawing and writing. It occupies the majority of the page below the instruction text.

Step 2: List down three things your Monster would say to you.

A large, empty, rounded rectangular box with a light gray border, intended for the user to write their response to the prompt above. The box is currently blank.

Step 3: Now, imagine that the Monster is your best friend, write down three ways you would respond to your Monster.

A large, empty white rounded rectangle with rounded corners, intended for the user to write their responses to the prompt above. It occupies the majority of the page below the instruction.

**After listing down these responses,
it can be helpful to remind yourself
of these pieces of advice
when the going gets tough!**