

**Sustain Talk Exercise:**

*Pair off and take turns responding to these examples of Sustain Talk and Discord statements.*

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1. My initial reaction to this? I don't like what you're showing me.

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2. I'm not sure working on this positive feedback and opportunities to respond is a good use of my time.

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3. Seeing this data kind of makes me feel like I'm a bad teacher.

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4. I have so many other things to do, I'm not convinced this is the best strategy for me.

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5. I'm already struggling, and this just feels like a confirmation that I'm not doing a good job.

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6. It feels like the hard work I've been doing isn't paying off.

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7. A lot of what I've tried hasn't helped.

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8. It feels like I'm trying new things all the time.

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9. I think the strategies you've shared make sense; I just don't have much bandwidth to add to my to-do list.

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10. I think I'm overwhelmed trying to fix everything at once.

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