



MICE  
Mental health Interventions for Children with  
Epilepsy

# Practising My Positive Self

**Pick a person, place, and time to try out your positive self!**

The person I picked is: \_\_\_\_\_

The place I picked is: \_\_\_\_\_

The time I picked is: \_\_\_\_\_

Before	After		
<p>very good</p> <p>sort of good</p> <p>so-so</p> <p>sort of bad</p> <p>very bad</p> <p>My rating is: _____</p>	<p>very good</p> <p>sort of good</p> <p>so-so</p> <p>sort of bad</p> <p>very bad</p> <p>My rating is: _____</p>		
How My Face and Body Will Look	Did I Do It?		
1.	No	A Little	A Lot
2.	No	A Little	A Lot
How I Will Act and Talk	Did I Do It?		
1.	No	A Little	A Lot
2.	No	A Little	A Lot
Things I Will Say	Did I Do It?		
1.	No	A Little	A Lot
2.	No	A Little	A Lot