



Positive Self Talk

Positive self-talk does help us deal with stress and negative emotions. As with all things we need to practice to improve our skills. If our inner voice uses negative self-talk we need to take time each day to argue with ourselves. We need to correct our inner voice. In order to learn to practice more positive self-talk, we need to first identify our negative self-talk and negative thinking patterns. Copy the following positive self-talk, or write your own positive statements and hang it on the wall.

- Breath, relax, I can do this
- This fear and anxiety will pass
- Once I do this I will feel better
- Even with my feelings of anxiety, anger, or sadness I can move forward
- Slow down move slow and move forward
- I don't have to believe my feelings
- There is no danger right now, I can do this without being harmed
- If I don't do this I will feel worse
- My inner voice can be wrong
- This pain is my challenge, I will deal with it because I am worth it
- If I do this I will feel better
- My negative feelings are in my way, I can do this

Negative Core Beliefs

Positive self-talk responses

I need everyone's approval.-----	Approval is nice but I don't need it to feel good about myself
I must please everyone.-----	I would like to please others as long as it pleases me
I must succeed with everything.-----	I accept failure the same as success, as part of the process
I can't fail or make mistakes. -----	Failing and mistakes are part of the learning process
Other people should take care of me.----	I need to learn to be more responsible
We are only winners or losers.-----	I need to stop thinking in rigid terms, we all win and lose
I'm unworthy.-----	I'm valuable, I need to improve my self image, we're all worthy
I'm dumb, stupid, I'm no good.-----	I will not think of myself this way, no one put me down, not even me
I'm unattractive. -----	I am beautiful, I won't be judged by foolish people
I have no friends.-----	I need to be a friend to myself first
Nobody likes me.-----	I need to like myself first
This will be a disaster.-----	I need to try, if I fail I will try again
I will fail this test.-----	It's only a test I will do my best
I'm not good enough.-----	Of course I'm good enough, I'm better than good enough
I'm overweight.-----	I may be overweight but I'm a good person, I can lose weight
I am single I will be single forever.-----	If I relate to myself better I will relate to others better
No one understands me.-----	It's important for me to understand myself first
I hate myself.-----	I'm angry with myself I need to settle down and think this through
I'm a loser.-----	I should never think of myself as a loser
I'm weak.-----	We're all weak sometimes, I'll get over it
I disappoint people.-----	Yes sometimes I disappoint people, but I'm a good person
My life is a mess.-----	My life might be a mess but I can fix this
There's nothing I can do.-----	I am responsible for my life, I can figure this out, and I can ask for help
I'm helpless.-----	If I stay helpless nothing will change, I must fight this feeling
I can't seem to finish anything.-----	I'm tired, maybe I should ask for some help
I'll never make it.-----	This thinking is counter productive, I need to try, I can't give up