



OVERCOMING

negative

self-talk

a workbook from

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Merie Burton Psychotherapy and Counselling

1. IDENTIFY AND LABEL

Take a moment to recognize when you engage in negative self-talk. When you catch yourself saying something negative about yourself, label it as "negative self-talk."

EXAMPLES

THAT WAS SO STUPID OF ME

NEGATIVE POSITIVE

I'M NEVER GOING TO GET THIS RIGHT

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

2. CHALLENGE THE THOUGHT

Once you identify and label your negative self-talk, take a moment to challenge the thought. Ask yourself if the thought is true, and if not, what a more positive thought would be.

EXAMPLES

THAT WAS SO STUPID OF ME

Is this really true? What could I have done differently?

I'M NEVER GOING TO GET THIS RIGHT

What evidence do I have that this is true? What could I do to increase my chances of success?

3. REPLACE THE THOUGHT

Once you have challenged the thought, replace it with a positive thought.

EXAMPLES

THAT WAS SO STUPID OF ME

I made a mistake, but I can learn from it and do better next time.

I'M NEVER GOING TO GET THIS RIGHT

I'm learning new skills, and I can use the resources available to me to reach my goal.

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