

Self-talk Exercise

Think about a recent time you really got down on yourself. Was it because you said something you regretted, got embarrassed, or failed at a task? What did you say to yourself? Write it below.

Now, using normative or positive self-talk, restate what you said to yourself about the same incident. Write it below.

We're not always going to have a person in our life who will talk positively to us. Sometimes we just have to do it ourselves. Write the words you need to hear in the box below.

Can you think of words that were said to you that would cause you to talk to yourself negatively? Write these on a scrap of paper and discard it as you see fit - shred, tear, crumble or burn!