

Improving Your Self-Talk

Teach your brain to:

- Be aware of negative thoughts.
- Be less critical.
- Replace negative thoughts with more positive statements.

Make sure that the positive statements are short and believable.

For example,

you could replace the negative thought - *"I'm so stupid"*,

with positive statements such as:

"I'm human and allowed to make mistakes".

"I'm still learning".

"I'll catch on. I need to give myself more time".

Examples of negative thoughts I say to myself:

Positive statements that I could say instead, or use to replace, these negative thoughts:

Write the positive statements that you like onto small cue cards or sticky notes.

Post the cards or notes in different locations where you will see them so you are reminded to repeat the statements until they eventually become your new, automatic response to a negative thought.