

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

I ALWAYS SAY THE WRONG THINGS

☒ 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

I ALWAYS SAY THE WRONG THINGS

Is this really true? What could I have said 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

I ALWAYS SAY THE WRONG THINGS

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.