

Become Aware of Negative Self-talk

Surprisingly, the #1 source of stress in life is often our own thinking. Psychologists call this “negative self-talk.” Our minds spin out a non-stop internal dialogue that comments on just about everything that happens. We say things to ourselves like, this line is SO long, this task is taking forever, this lecture is so boring. This voice in your head can be pessimistic, irrational, judgmental and sometimes even vicious.

You may notice this voice from time to time, or you may not. Even though we can hear this inner voice as plain as day, sometimes it still manages to operate just below our level of awareness. This is where it can do the most damage, acting like a mean parent or a judgmental teacher. You might hear it say things like, I’m a terrible person, I’m no good at anything or you might hear it say things about others like, I’ve got the world’s worst boss and my kids will NEVER learn to pick up after themselves. This judgmental voice in our heads is a major source of stress.



TASK TIME: 2 MINUTES

Exercise: Become aware of your self-talk. Just hear what it says, particularly when you are stressed. Notice if the voice in your head ever seems kind and supportive and/or notice when it seems mean and condescending. Notice if the voice seems irrational or rational. Notice if the voice is helpful or unhelpful. Do you think it adds to your stress or lowers it?

Behavioral Change Solution Day 25

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Learn the equation for changing behavior.