WORKBOOK
2025

TAKE CONTROL OF YOUR NEGATIVE SELF-TALK: RECLAIM YOUR POWER

By addressing the narrative you tell yourself, you can shift your mindset and live a healthier, more fulfilling life.

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Thank You

WELCOME



Thank you for being a valued subscriber of Selective Hearing. This guide draws inspiration from my book Sink Full of Dishes, a Self-Talk Monologues Handbook designed to help you confront negative self-talk and reclaim your power. By addressing the narrative you tell yourself, you can shift your mindset and live a healthier, more fulfilling life.

Julie Dammar

WHAT IS NEGATIVE SELF-TALK?

Negative self-talk is the inner voice that criticizes, doubts or belittles you. It often stems from past experiences, fears, or societal expectations. This constant negativity can significantly impact your confidence, relationships, and overall well-being. Recognizing and transforming this inner dialogue is the first step toward creating a more positive and empowering mindset.

EXAMPLES:

- "I'm not good enough to achieve my goals; I'll never be successful."
- "I always mess things up; I can't do anything right."
- "People will judge me if I try to speak up; I should just stay quiet."
- "I don't deserve to be happy or loved; I’m a burden to others."

QUESTIONS TO REFLECT ON

Do you know what negative self-talk is?
Negative self-talk is the inner voice that criticizes, doubts or belittles you. It often stems from past experiences, fears, or societal expectations.

What have you been saying to yourself?
Take a moment to reflect on the messages you tell yourself daily. Are they empowering or limiting?

Would you like to learn how your inner critical voice was established?
It can originate from childhood experiences, cultural beliefs, or unresolved trauma. Understanding its roots can help you address it.

Do you want to take back your power and have control over your life?
The good news is that you have the power to rewrite your story. Let's explore how.

ACT 1: MONICA VS. HERSELF

EXAMPLES AND TAKEAWAYS FROM SINK FULL OF DISHES

Meet Monica. Like many of us, she wakes up feeling overwhelmed. Her day begins with a sigh, her reflection in the mirror, and a familiar narrative running through her mind. Despite her efforts to maintain a household, she feels unappreciated and unseen.

Monica's Inner Voice:

- "Is this what I've become? Just a maid?"
- "I'm failing at everything."
- "Why can't they see how much I do?"

Key Triggers for Negative Self-Talk:

- Perfectionism: Unrealistic expectations fueling feelings of inadequacy.
- Comparison: Measuring yourself against others and feeling inferior.
- Internalizing rejection: failure as personal inadequacy.
- Guilt & Shame: Lingering feelings that erode self-worth.
- Trauma: Deep-seated beliefs from unresolved pain.
- Stress: Amplifying self-criticism and doubts.
- Physical Challenges: Sleep deprivation and illness lowering resilience.

STRATEGIES TO RECLAIM YOUR POWER

1. Recognize Your Negative Self-Talk

- Keep a journal of your thoughts. Write down recurring critical or unkind messages.
- Pay attention to triggers: When do these thoughts arise? Who or what provokes them?

2. Challenge Your Inner Critic

- Ask yourself: Is this thought based on facts or assumptions?
- Replace harsh judgments with kind, realistic affirmations.

3. Rewrite the Narrative

- Instead of “I’m not good enough,” try: “I am learning and growing daily.”
- Practice gratitude for your strengths and accomplishments.

4. Establish Boundaries and Prioritize Self-Care

- Advocate for your needs. Take breaks, ask for help, and set limits.
- Incorporate mindfulness, meditation, or grounding techniques into your routine.

ABOUT THIS WORKBOOK

This workbook is tailored to help you start healing your negative inner dialogue. Through thoughtful reflection and actionable steps, you will gain tools to identify, challenge, and rewrite the narrative that holds you back. It’s designed to empower you, spark meaningful change, and guide you toward a healthier, more fulfilling mindset.

Take a moment to reflect on what you've learned from this material. Briefly answer the questions you have been asked, and feel free to explore further. Ask yourself: What is something I can do today to change the narrative I have established with myself?

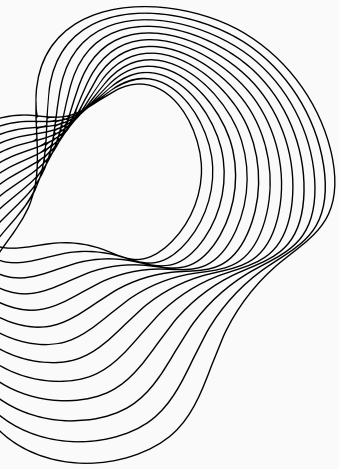
MY NOTES

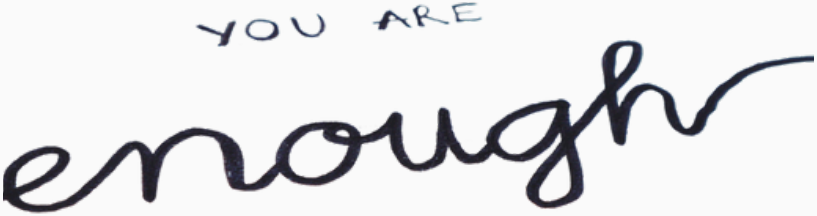
MY NOTES

IF YOU ENJOYED THIS PDF...

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This is just the beginning! To explore these topics further and find inspiration for growth and healing, get a copy of my book Sink Full of Dishes. It's packed with relatable stories, actionable insights, and encouragement for your journey. Remember, your story is yours to rewrite. Take control of your self-talk and reclaim your power today.




YOU ARE
enough