

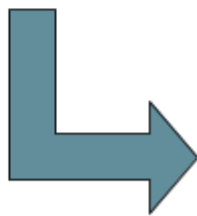
The Power of Positive Self-Talk

What you think or say to yourself about everyday situations in your life will strongly influence how you feel and what you do. Negative self-talk can cause unpleasant emotions and self-defeating behaviors. Replacing automatic negative thoughts with positive self-talk can help you feel and act better. Because thoughts are not facts, it is important to get in the habit of always testing, challenging, disputing, and changing your automatic negative self-talk. In the table below, list any negative thoughts or beliefs you have or had in the past and then replace them with some new positive self-talk.

“Watch Your Self-Talk”

Negative Self-Talk

- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____



Positive Self-Talk

- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____