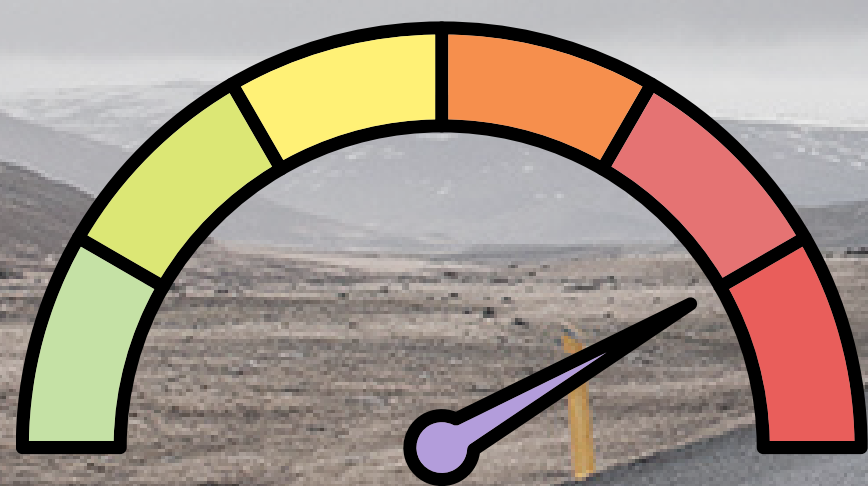




How Do You Talk to Yourself?

Self-talk is your internal dialogue. It's influenced by your subconscious mind, and it reveals your thoughts, beliefs, questions, and ideas.



Positive self-talk is showing yourself some self-compassion and understanding for who you are and what you've been through

Self-talk can also be negative. Our brains are hardwired to remember negative experiences over positive ones, so we recall the times we didn't quite get it right more than the times we do. We then replay these messages in our minds, fuelling negative feelings

Why Is Positive Self - Talk so Important?

Remember, you're always listening.. these thoughts have an impact

our self-talk is closely linked to our confidence and self-esteem



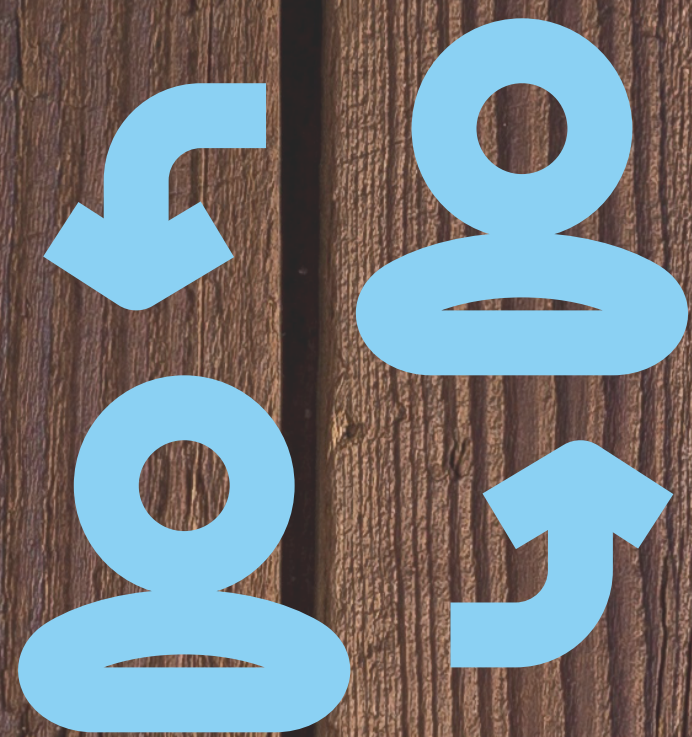
Negative self-talk tends to fall into one of four categories:

Personalizing – Meaning you blame yourself when things go wrong.

Polarizing – Meaning you see things only as good or bad, no gray areas or room for middle ground.

Magnifying – Meaning you only focus on the bad or negative in every scenario and dismiss anything good or positive.

Catastrophizing – Meaning you always expect the worst.



HOW TO REFRAME NEGATIVE SELF TALK

IF YOU THINK THIS:

TRY THINKING THIS:

I CAN'T DO THIS.
IT'S TOO HARD.

I CAN DO THIS BY BREAKING IT
DOWN INTO SMALLER STEPS.

THEY ARE DOING BETTER
THAN ME. I'M A FAILURE.

I ADMIRE THEIR SUCCESS.
WHAT CAN I LEARN FROM THEM?

I HATE MY BODY
+ THE WAY I LOOK.

MY APPEARANCE DOES NOT
DEFINE MY WORTH. MY BODY
LETS ME DO THE THINGS I LOVE.

I SHOULD BE FURTHER ALONG
IN MY LIFE BY NOW.

I AM ON MY OWN JOURNEY.
WHAT CAN I DO TODAY TO
MOVE CLOSER TO MY GOALS?

I'M SO STUPID. I SHOULDN'T
HAVE MADE THAT MISTAKE.

I WAS DOING THE BEST I COULD
AT THE TIME. WHAT CAN I DO
DIFFERENTLY IN THE FUTURE?