

Positive Self-Talk

challenge negativity & manifest positivity

Most negative self-talk does not accurately represent you as an individual. Your own lived experiences can be used as proof to counter your negative thoughts.

Ex. Negative Statement: I'm not good enough to accomplish this goal. Counter: You've always worked hard to accomplish things that seemed impossible at first. Your new job, that 20 page paper, that hike, saving for a new car, etc.

Negative Self-Talk Statement

Countering Positive Experience

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