

# SELF-TALK WORKSHEET

## CHANGING FROM NEGATIVE TO POSITIVE

In many situations, the only thing we can control is our own response. Changing self-talk from negative to positive is an excellent way to manage that response and stress.

### Naming

- We all name our experiences. “Crisis”, “bad as usual”, “a great challenge” are names you might give to things that happen.
- Pick a recent upsetting experience. Describe it in a few words.
- Is there a positive name you could give it? (learning experience, chance to change, etc.).
- List the names you gave to five recent experiences, good or bad.
- If they happened to someone else, what other positive names could you give them?

### Letting Go

- You often must let go of dreams, people or parts of your life. Letting go allows you to get on with your life when something is over.
- Write down two things you need to let go of.
- Imagine that each one is really going out of your life. How do you feel? (sad, angry, relieved, etc.)
- Who can you tell about your feeling?
- What advice would you give to someone who is in your situation?

### Belief and Faith

- Self-talk reflects our belief in who we are or in the universe. A positive faith can help you during stressful times.
- Name 10 positive things you believe in about yourself, people or the universe. If you can’t think of 10 beliefs, ask other people for theirs.
- Describe a recent experience and how you used one of these beliefs to help you.

### Silent Support

- We all have a constant stream of silent talk in our minds. This can be a great support, or a weight on our shoulders. Close your eyes. What is your silent talk saying right now?
- Write three negative messages you often hear.
- Write their opposites as positive messages.