

OVERCOME NEGATIVE SELF-TALK WORKSHEET



1. IDENTIFY AND LABEL

Take a moment to recognize when you engage in negative self-talk. When you catch yourself saying something negative about yourself, label it as “negative self-talk.”

EXAMPLES

THAT WAS SO STUPID OF ME

NEGATIVE POSITIVE

I'M NEVER GOING TO GET THIS RIGHT

NEGATIVE POSITIVE

NEGATIVE POSITIVE

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2. CHALLENGE THE THOUGHT

Once you identify and label your negative self-talk, take a moment to challenge the thought. Ask yourself if the thought is true, and if not, what a more positive thought would be.

EXAMPLES

THAT WAS SO STUPID OF ME

Is this really true?
What could I have done differently?

I'M NEVER GOING TO GET THIS RIGHT

Do I have any evidence that this is true? What could I do to succeed at this?

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3. REPLACE THE THOUGHT

Once you have challenged the thought, replace it with a positive thought.

EXAMPLES

THAT WAS SO STUPID OF ME

I made a mistake, but I can learn from it and do better next time.

I'M NEVER GOING TO GET THIS RIGHT

I'm learning new skills. I can use the resources available to me to reach my goals.