

Guide to changing Unhelpful Self-Talk into a Helpful Conversation

*Do you always react negatively to external stresses in your life?
Pay attention to how you talk to yourself.
Become more positive by lifting the tone of your conversation.*

Self-talk can be automatic, subtle, even barely noticeable, but it can also be negative, leaving us feeling more frustrated in anxious moments.

What is it that you tell yourself?

Are the words positive and compassionate, leading you to take positive steps to address the difficulties in your life?

Or are they mainly negative and stressed-out, making you feel anxious and inclined to inaction or to deal with the situation in an ineffective and self-damaging way?

If you have issues with negativity you can change your self-talk. It requires you to take the following steps:

1. **Identify the situation and pay attention to your reaction/feeling.**
2. **Identify what you said to yourself and what the outcome was** (how did you deal with that situation?)
3. **Come up with an alternative** (positive or more helpful self-talk).
4. **Practise the positive talk on a regular basis.**
5. **Notice a difference in what you do, how you react and the outcomes of your actions.**
6. **Congratulate yourself on taking risks and changing your life for the better!**