



Changing Unhelpful Self-Talk Into helpful Conversation

Situation:		
Applied for a job, really wanted to get it but got rejected.		
What do you tell yourself?	What do you feel?	If you think and feel this way what are you going to do next?
<i>For example:</i> I am a loser, I am stupid; I knew they did not want me, I come across as too nervous.	<i>For example:</i> Frustrated, hurt, disappointed, rejected; Sense of losing hope, not being good enough.	<i>For example:</i> Go to a pub, have couple of drinks to forget my problems; Stop looking for a while as it hurts being so disappointed.
What can you tell yourself that can be more positive or encouraging (kind or compassionate)?	How does it feel now?	How likely are you to take risks and to tackle a challenging situation now?
<i>For example:</i> Maybe this one was not for me, though I did like the sound of it; I will keep on trying, I have the expertise and skills to get a good job; It is daunting applying for a job, but if I want something better for myself I know I will get it.	<i>For example:</i> Hopeful, focused, a bit tired but motivated to keep on looking; I deserve a great job, something better will come along.	<i>For example:</i> I will keep on looking for a new position; I might review my strategy and do something relaxing as a reward, after an application.