

# Reframing negative self-talk to Positive Thinking

## Examples

### Negative Self-Talk

### Positive Thinking

"I've never done it before."

"It's an opportunity to learn something new."

"It's too complicated."

"I'll tackle it from a different angle."

"I feel too incompetent to get this done."

"I couldn't fit it into my schedule, but I can re-examine some of my priorities."

"There's no way it will work."

"I'm resourceful, I can try to make it work."

"It's too radical a change, what if I fail?"

"I won't know until I take a chance, what do I have to lose?"

"No one cares about me, I'm always the one making the effort. "

"When's the last time I checked in on my friends/family? I'll see if I can communicate with them more regularly."

"I'm not going to get any better at this, I feel stuck."

"Practice makes perfect, I'll give it another try!"

