

Reframing negative self-talk to Positive Thinking

Examples

| Negative Self-Talk | Positive Thinking |
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| "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!" |



Reframing negative self-talk to Positive Thinking In practice

With these examples in mind, jot down your negative self-talk in the columns below. Next, re-write your self-talk, reframing it with a positive thought. Whenever you feel negative self-talk crop up in your mind, revisit this exercise.

| Negative Self-Talk | Positive Thinking |
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