

Positive Self-Talk Worksheet

Name: _____

Your internal dialogue influences how you perceive the world and respond to challenges. Reflect on your inner voice: "Is my inner voice my ally or critic?" "Is my thought pattern constructive or obstructive?"

1. Recall a recent instance when your thoughts were particularly pessimistic or counterproductive.

a. What was the context?

b. What emotions surfaced?

c. How did you react?

2. Use the guidelines below to reassess your thought process.

3. Reflect on this exercise.

Commit to one action that will help you combat negative thinking patterns:

Modifying your self-talk

Detect it. Notice when pessimistic or harmful thoughts arise.

Recent example:

Disrupt it. Mentally say "HALT!" when you catch a negative thought.

Try it now:

Dissect it. Analyze your thoughts using the questions below.

Direct it. Redirect your inner voice to constructive narratives.

Positive redirection:

Delight in it. Embrace the positive emotions you've cultivated.

Positive emotion felt:

Analyzing your thoughts

1. Is this thought serving me well? Can I frame it more beneficially?

2. What would be my advice if a close friend voiced this concern?

3. Do I have solid reasons to believe this thought? Are there arguments against it?

4. Could there be alternate explanations for what happened?

5. Can I view this situation from different angles?

6. What are the worst, best, and most probable outcomes?

7. Can I influence this situation presently?