

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?"

Instructions:

- 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.

Answer: _____

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?

Answer:

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

Answer:

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

Answer:

4. Could there be alternate explanations for what happened?

Answer:

5. Can I view this situation from different angles?

Answer:

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

Answer:

7. Can I influence this situation presently?

Answer: