



MONITORING SELF-TALK

Monitoring Self-Talk

🕒 Time: 1-2 Weeks

📊 Difficulty: Moderate

Our self-talk often occurs automatically, without conscious awareness. These internal conversations can significantly impact our emotions, behaviors, and overall well-being. Unfortunately, our automatic self-talk can sometimes be negative, critical, or self-defeating, which can exacerbate feelings of anxiety, self-doubt, and stress.

Once we become aware of our negative self-talk, we can actively work on replacing it with a more positive and constructive internal script. This process involves challenging and reframing negative thoughts, focusing on our strengths and accomplishments, and practicing self-compassion.

This tool was designed to help you identify some of the automatic negative internal dialogue that may otherwise not pay attention to and then help you write a positive mantra that you can read when experiencing negative emotions.

01

Monitor yourself over a certain period. What are some of the negative or limiting (thinking you're unable to do something) things you keep saying to yourself?

For example, some common negative self talk can include: "I'm not good enough." "I'll never be successful." "I always mess things up." "No one likes me or cares about me." "I'm too [old/young/inexperienced] to achieve my goals." "I'm not smart/creative/talented enough." "It's too late for me to change or try something new." "I'm a burden to others." "I'll never get over this problem or situation." "Everything is just too overwhelming, I don't know what to do". "I'm just an anxious person, always have been and always will be".

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Now write a script to help your friend who you really care about and who is struggling with the same problems. What would you tell them?

For example your script can look something like this:

Remember, it's completely normal to feel this way sometimes, as life is full of challenges. You've faced fears before and emerged stronger and more resilient, and you can do it again.

Nobody is perfect, and it's important to accept your feelings without judgment. Remember that these emotions are temporary and don't define you. You have the power to overcome them and move forward with courage - just like you've done in the past.

Uncertainty is a natural part of life. While you can't control everything, you can choose how you respond to it. Focus on what you can change and let go of what you can't.

When anxiety creeps in, remember that it's okay to fail and not be perfect. It's all part of being a human. And when you think that everyone else has it all figured out, then know that they don't! They've just learned to manage the uncertainties of life and their anxieties. And so can you! Why do I think that? Because it's not something people are born with. It's something they learn in life.

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What other sources you'd recommend to your friend? (TED talks, interviews with people who've struggled with the same things, motivational videos, etc.)

Notes

