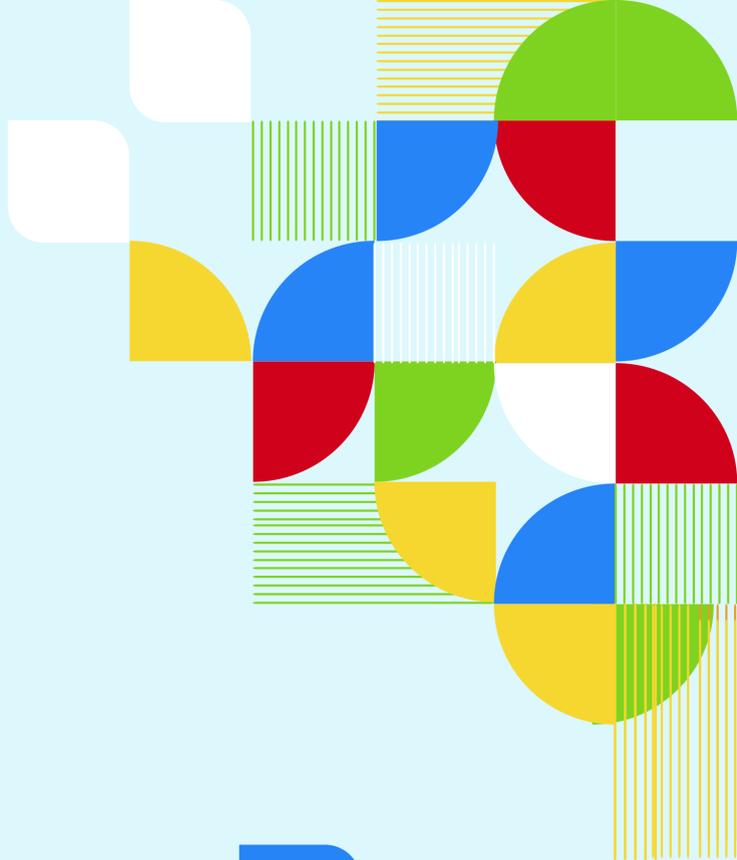


Building the Habit of POSITIVE SELF-TALK



When we talk to ourselves in a positive way, we can make a huge difference in how we feel. Positive-self talk can build self-confidence, self-esteem, and motivation and it's a great self-care tool.



Recognize Negative Self-talk

Listen for when you say negative things to yourself, things that begin with "I can't", "I never" or "I always". Think about how that makes you feel. Negative talk can stop you from trying things or doing your best because it takes away your confidence.



Turn Things Around

Talk to yourself the way you would coach your best friend or child through something they are struggling with. Reassure yourself that you can do what you think you can't. Practice new things and think of positive things you can say to yourself.



Self-Coaching Tips

- Focus on the process instead of outcomes. Think about how hard you are working or practicing.
- It's okay to have not-so-good-days. There will be times when it is hard to be positive. Try to tell yourself just one good thing.



Reframe Mistakes

Instead of berating yourself when you make a mistake ask yourself "What did I learn from that experience?". If things don't go the way you had planned, find out why. This can help you make things go better next time.



Think about when it all works out instead of focusing on problems.



Count Your Positives

Spend some time at the end of each day thinking about the things that you enjoyed, you worked hard on, you did well or you tried. (Remember it's not just about outcomes.) Give yourself some pats on the back.



Model Self-Talk

One of the best ways to teach skills is by modeling them. You want your kids to use positive self-talk. So show them how it's done! This will help you to practice and will let them see how their role model uses positive self-talk to take good care of themselves.



Keep Positive Phrases in Your Pocket!

- There is no one better to be than myself.
- Others care about me.
- I can learn to do the things I need to know how to do.
- I can treat myself gently and with the same care I would give a friend.
- If I make a mistake, I can do better next time.
- I don't feel great right now, but things will get better.
- This is just one moment. It doesn't mean that everything is falling apart.
- I am strong/hard-working.
- I am a good role model for my kids.



Reward yourself for positive self-talk.

Developing new habits is hard. So even though using positive self-talk will be its own reward over time by making you feel good, give yourself a reward for starting the habit. After a week of giving yourself positive thoughts, pick something fun that you like to do and go do it. You have earned it!

