

REPLACE NEGATIVE SELF-TALK

Words are powerful. They can bring up images of success or failure, and significantly affect how we approach tasks, overcome obstacles and challenges (Clough & Strycharczyk, 2015).

Identify examples of self-talk you have been using and replace them with their positive equivalent.

When faced with difficult situations, repeat the positive self-talk to change how you feel:

Negative self-talk	Positive self-talk replacement
I can't do this; I'm going to fail	I've done it before and was successful
I'll look foolish if I say the wrong thing	I have something important to contribute
What an idiot! I really screwed up that presentation. Well, that's the end of my career	I can do better than that. I'll prepare and rehearse more next time. Maybe I'll get some public speaking training. That would be good for my career

References

- Clough, P., & Strycharczyk, D. (2015). Developing Mental Toughness: *Coaching Strategies to Improve Performance, Resilience, and Wellbeing*. Kogan Page.

Source

- PositivePsychology.com – Dr. Jeremy Sutton