

THE IMPACT OF NEGATIVE SELF-TALK

Objective:

To define negative self-talk and keep track of how often it occurs.

Negative self-talk adversely affects our feelings and choices and overall way of life far more than most people realize. What we say or think to ourselves has a real impact. Often, outside factors are blamed, but it's really our interpretation of the situation that has caused our reaction.

These thoughts that frame our responses are often so automatic, we are not even aware of them. So no matter how irrational they may be, they go unchallenged.

By becoming aware of your negative self-talk, you can catch and counter these thoughts. Thoughts that start with "I can't..." or "I never..." or "But what if..." often precede negative self-talk. Next time you find yourself thinking this way, stop and take a step back.

In the chart below, keep track of instances of negative self-talk, countering each with a more rational response.

Situation	Resulting Self-Talk	Resulting Feeling/Mood	Rational Response