**Eliminating Negative Self-Talk**



The easiest way to eliminate negative self-talk is to replace it with better thoughts. Use this worksheet to help you work out why you think the negative thoughts and what you can replace them with.

Questions you can ask yourself when you have a negative thought

* What triggered this thought?
* Is this thought true or just my opinion?
* How does thinking this make me feel?
* What evidence supports or disputes this thought?
* Is this thought interfering with my goals?
* If my best friend had this thought, what would I think and say to him/her?

Use this chart to work through your negative thoughts

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| Negative Thought | Emotions Associated With this Thought | Evidence that Disputes This Thought | Alternative Thoughts |
| I'm a failure! | disappointment, sadness, anger, frustration | I've overcome tougher things than this.  Just because something didn't go right, doesn't mean I'm a failure | I need more practice. I'm pushing my limits.  I'll strengthen my skills and try again. |
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