



Self-Talk Generator

Self-talk is our internal dialogue. It is a sneaky entity, and until it becomes a focus, we may not think too much about it. As such, we may not notice the tones, themes or even severity of this inner voice.

At FORWARD, we find this strange, considering it's us, talking about ourselves to ourselves and *within* ourselves!?

The impact of our self-talk is enormous. Positive self-talk can support our flourishing, while overly critical and negative self-talk can become heavy and create a murky brew of negativity in which we steep. Further, self-talk can influence our self-confidence, self-esteem, self-concept and general interpretation of who we are and our place in the world.

Put simply, our self-talk is powerful and has the ability to bring us up or push us down, help us be grateful and see beauty or fix our focus on the negative, the "not good enough" the "what's missing" or the "could have been better"... Negative self-talk can be incredibly limiting.

We can learn to rewrite our internal script. Noticing, or being mindful of, our self-talk is a good place to start.

Let's do this!

1. Notice: Take some time to write out your MOST COMMON, UNFILTERED, self-talk

CONSIDER: Are there things you say to yourself that you would not say to a friend?

History lesson: Write down WHERE YOU HAVE HEARD THIS LANGUAGE BEFORE ... From whom? When?

CONSIDER: Has someone else's language / comments / accusations / threats / become your self-talk script?!

2. Externalize: Create a persona for your inner "Negative Self Talker" Give your negative self talker a nickname: (Angry Andy... Negative Nat etc.): _____.

CONSIDER: Externalizing in this way helps you to realize that YOU CAN DISAGREE WITH AND COMBAT YOUR NEGATIVE THOUGHTS /SELF-TALK while being kind and honest with yourself.

3. BUILD some new language: Write language that is kind and empowering without directly attacking the negative.

CONSIDER: What would you say to a friend if your wish was to be EMPATHETIC, ENCOURAGING and POSITIVE?

Putting it All Together

TAKE STEPS to replace the OLD, negative self-talk with NEW, Empathetic, Encouraging and Positive self-talk:

1. Be mindful and NOTICE when your negative self-talk shows up.
2. Stop the negative self-talk in its tracks by calling it out by name. "I hear you _____."
3. Replace the negative self-talk with your empathetic, encouraging and positive language.
4. Repeat!

Example

1. **Negative self-talk:** *"I can't do anything right. I will never be successful and everyone is further ahead than me."*
2. **Your thinking:** *That's Angry Andy speaking. I hear you 'Andy' and I'm not listening to that (insert choice language here) anymore!*
3. **Empathetic and encouraging positive self-talk:** *"I'm working hard and I am trying my best. I do not need to compare myself to others. Some may be ahead and some may be behind. I control my thoughts and actions. I will keep working on my goals."*

DO IT! Fill in the blanks using your own experience^{*}

Negative self-talk:

Your thinking:

Empathetic and encouraging, positive response:

^{**} *This response can become a **mantra** that you say to yourself, with frequency, throughout the day...*

^{*} Take a picture of your chart to keep with you!

^{**} PRACTICE this when you do not need it! That way, it'll be easier to access when you do!

Dr. G.L. Jantz reminds us that: Positive self talk IS NOT mentally looking at circumstances with eyes that see only what you want to see. Rather, positive self-talk IS ABOUT recognizing the truth, in situations and in yourself. When negative events or mistakes happen, positive self-talk seeks to bring the positive out of the negative to help you do better, go further, or just keep moving FORWARD.

When positive self-talk is combined with GOAL DRIVEN, INTENTIONAL BEHAVIOR, the results can be incredibly powerful. STICK WITH IT.

