

# Practising Self-Talk

**Aim:** The things you say to yourself aren't always helpful – the aim of this exercise is to identify and practice more positive self-talk to make better choices for you and those around you.

**Instructions:** Think about a stressful situation you have recently experienced or have experienced in the past. Then answer the following:

1. What was the situation?

2. What were the messages or self-talk you were telling yourself in this situation?

3. Answer the following questions:

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|---|-----|----|
| • Is what I am thinking and feeling correct?          | YES | NO |
| • Is this way of thinking going to get me in trouble? | YES | NO |
| • Is this self-talk stopping me reaching my goals?    | YES | NO |
| • Is this way of thinking making me feel down?        | YES | NO |

**If you answered YES to any of the above questions, then your self-talk is unhealthy and you need to change it.**

4. What can you say to yourself to challenge your negative thoughts with positive self-talk: