

## Further thinking: Business strategy – identifying negative self-talk<sup>2</sup>

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### Identifying negative self-talk

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### The negative self-talk cycle

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- 1. Identify negative self-talk.
- 2. Understand the impact of negative self-talk.
- 3. Develop strategies to manage negative self-talk.
- 4. Monitor progress and adjust strategies as needed.
- 5. Seek support from others.
- 6. Celebrate successes.

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<sup>2</sup> See [Identifying Negative Self-Talk](#) for more information on identifying negative self-talk.