

Enhancing Self-Esteem by Counteracting

Negative Self-Talk

Without even realizing it, you may be making negative things about it to yourself. If you have been in relationships that were not supportive (with parents, friends, or partners), this explains why that you have a low sense of self-worth and low self-esteem.

Negative thoughts often lead to negative feelings, such as anxiety, depression. You have the power to counteract those feelings by changing what you say to yourself. The first step is becoming aware of your own conversations. Below are ten typical negative statements with more positive alternatives that I recommend.

Now, compare typical negative self-statements, with positive, realistic alternatives:

Negative Statement: "I am doing this badly on 'job offer' and I'm not getting the attention."

Positive Alternative: "Maybe I'm not getting the attention I desire either because of my physical qualities, the amount of time and/or money I spend."

Negative Statement: "My life is moving in one direction from another. It's too late to change that."

Positive Alternative: "It's life's about making a choice to change the way that I see things about myself and about what's interesting and possible in my life."

Exercise 10: Instead of negative statements, practice making statements that generate positive, realistic alternatives. Practice "catching yourself" when you're making negative self-statements, and give yourself a positive statement instead. Think about what you would say to encourage a good friend, instead of to yourself!

Negative Statement: _____

Positive Alternative: _____

Negative Statement: _____

Positive Alternative: _____