

## Enhancing Self-Esteem by Counteracting

### Negative Self-Talk

Without your awareness, you may be making negative things about yourself. If you have been in relationships that were not supportive (with parents, friends, or partners), this explains why that you have deep feelings of being unfairly criticized that yourself.

Negative thoughts often lead to negative feelings, such as anxiety, self-doubt. 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. Be alert for negative statements with more positive alternatives when interrupted.

Now, prepare to put negative self-statements, with positive, realistic alternatives:

**Negative Statement:** "I am always late on 'get off' and so are unhappy and stressed."

**Positive Alternative:** "Maybe I'm forgetting to set alarms or the bus schedule is changing without me. The occasional bus or train being late."

**Negative Statement:** "My life is boring because I don't have exciting things to do. It is too late to change that."

**Positive Alternative:** "It is life is about making a good change the way that I use that a sense of purpose and something interesting and positive to do."

**Exercise 10:** Instead of negative statements, prepare more statements and generate positive, realistic alternatives. Practice "catching yourself" when you are 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:** \_\_\_\_\_