

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 low confidence or feelings of being not good enough.

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. 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 always late on 'get off' and so are always 'not attracted'."

Positive Alternative: "Maybe I'm overreacting to what I hear or the behavior of people who are not attracted to me because I am not being kind."

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

Positive Alternative: "It is never about me. I can change the way that I see things and make some of my own choices about what is interesting and positive in my life."

Exercise 10: Instead of negative statements, practice making statements that are 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: _____