

Enhancing Self-Esteem by Counteracting

Negative Self-Talk

Without your awareness, 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 consciousness. Be alert to negative statements with more positive alternatives when self-talked.

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

Negative Statement: "I am doing this badly on 'get better' and so you will be disappointed."

Positive Alternative: "I am doing my best and I will do better with the knowledge I have gained. The important thing is that I am trying my best."

Negative Statement: "My life is nothing but one failure after the other. It is too late to change that."

Positive Alternative: "It is never too late to change the way that I see things. I can make a better use of myself and do something interesting and productive in my life."

Exercise 10: Instead of negative statements, produce 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: _____