

## 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 '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. I will do my best and I will do my best."

**Negative Statement:** "My life is nothing but a mess and I am a failure. I am a failure to change that."

**Positive Alternative:** "My life is what I make it. I will change the way that I see things and I will do my best and I will do my best and I will do my best."

**Exercise 1:** Instead of negative statements, practice making statements that are positive, realistic alternatives. Practice "talking 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, and say it to yourself.

**Negative Statement:** \_\_\_\_\_

**Positive Alternative:** \_\_\_\_\_

**Negative Statement:** \_\_\_\_\_

**Positive Alternative:** \_\_\_\_\_