

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, 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've provided.

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 just tired and not feeling well. The last time I'd happened to get off, the attraction of some people was high."

Negative Statement: "My life is boring because I am 'not' from another place (or it). It is too late to change that."

Positive Alternative: "It is life is what I make it. I can change the way that I see life. I can make some of my own and do something interesting and positive in my life."

Exercise 1: 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: _____