

## 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 negative statements with their positive alternatives when self-talked.

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

**Negative Statement:** "I am doing this badly on 'job offer' and I'm not getting the attention."

**Positive Alternative:** "Maybe self-talked that I am not getting the attention of my potential partner, but I am not alone and I am doing well."

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

**Positive Alternative:** "It is not too late to change the way that I see things. I can make a change and do something interesting and positive in my life."

**Exercise 10:** 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, instead of to yourself.

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

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

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

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