

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-employment is not what I like after the last time of applying for jobs. The successful ones are not being hired."

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

Positive Alternative: "It is life's short cycle. I need change the pace that I am living. It's a sense of purpose and something interesting and positive to do."

Exercise 10: Instead of negative statements, produce more statements and generate positive, realistic alternatives. Practice "switching gears" 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: _____