

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 will do my best and not let others define the boundaries of my abilities. I will do my best and not let others define me."

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

Positive Alternative: "It is never too late to change the way that I live. I will do a series of positive and constructive activities and practice the language."

Exercise 1: Instead of negative statements, practice making statements that are 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: _____