

Enhancing Self-Esteem by Counteracting

Negative Self-Talk

Without your awareness, 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 negative statements with more positive alternatives that I've provided.

Now, compare your 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 ability to succeed. The success of others is not my business."

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 make a series of positive and constructive choices and use the language."

Exercise 10: Instead of negative statements, practice making 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: _____