

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've provided.

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

Negative Statement: "I am always late on 'get' dates and so are unattractive and unlovable."

Positive Alternative: "Maybe I'm a bit late on my dates, but I'm not late on the dates of my life. I'm a person who is successful in many other ways (work, family, etc.)."

Negative Statement: "My life is boring because I don't have a lot of friends. I'm too late to change that."

Positive Alternative: "It's true, I don't have a lot of friends, but I can change the way that I live. I can make some of my own friends and do things that are interesting and fun for me."

Exercise 1: Instead of negative statements, practice making statements that are positive, realistic alternatives. Practice "catching yourself" when you're 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: _____