

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 more positive alternatives that I've provided.

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

Negative Statement: "I am always late on 'get off' and so are my other relationships."

Positive Alternative: "Maybe I'm just a little late and I don't know the best time to get up. I'll try to be more on time and see how that goes."

Negative Statement: "My life is nothing but one failure after the other. It's too late to change that."

Positive Alternative: "It's life's about making a good change the way that I see things. There are some of success and something interesting and positive to do."

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: _____