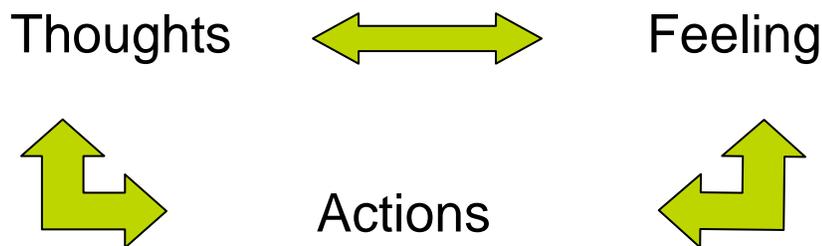


## Creating Positive Self-Talk

### **Self -Talk**

What you *say to yourself* (your thoughts) *creates a feeling* (both physical and emotional). Thoughts and feelings *work together to create your attitude* about something. *Your attitude affects your actions* and your progress on goals.



**Negative self-talk** can create negative feelings that may make it more difficult to take positive actions.

If you say negative things to yourself such as “I can’t do anything right”, “I don’t have time”, “I’ll never be able to ...” you may start to feel ‘down’, angry, sad or stressed. Telling yourself, “maybe I’m (not smart enough, not accepted, looking stupid).....” will also create uncertainty, doubt, and anxiety.

**Positive, Constructive self-talk** can create feelings that lead to positive actions.

When you can create helpful self-talk such as “I can find 1 minute to practice my breathing”, “I am doing better”, “The good things I did for myself today are.....”, “I can try something new”, you may start to feel more positive, happier, or less stressed.