



## **TIP SHEET~ Overcoming Negative Self-Talk**

Negative self-talk can undermine your self-esteem and overall well-being. Combatting it is a journey that involves awareness and practice. Here's a practical tip sheet to help you overcome negative self-talk:

### Self-Awareness:

- Pay attention to your thoughts. Recognise when you're engaging in negative self-talk.
- Identify recurring patterns or triggers that lead to self-criticism.

### Challenge Your Thoughts:

- Question the validity of your negative thoughts. Are they based on facts or assumptions?
- Challenge irrational beliefs by seeking evidence to support or refute them.

### Cognitive Restructuring:

- Reframe negative thoughts into more balanced and constructive ones.
- Replace harsh self-criticism with self-compassion and realistic self-appraisals.

### Mindfulness Practice:

- Practice mindfulness meditation to observe negative thoughts without judgment.
- Mindfulness can help you distance yourself from your thoughts and reduce their emotional impact.

### Positive Affirmations:

- Create a list of positive affirmations about yourself and your abilities.
- Repeat these affirmations regularly to counteract negative self-talk.

### Journaling:

- Keep a journal to document your negative thoughts when they arise.
- Challenge and reframe these thoughts in writing, and record more balanced perspectives.

### Seek Social Support:

- Talk to friends, family, or a therapist about your negative self-talk.
- Sharing your thoughts with others can provide different perspectives and emotional support.

### Limit Comparisons:

- Avoid comparing yourself to others, especially on social media.
- Remember that people typically present their best moments online, not their struggles.

### Self-Care:

- Prioritise self-care, including proper nutrition, regular exercise, adequate sleep, and relaxation techniques.
- A healthy lifestyle can positively impact your mood and self-esteem.

### Embrace Imperfection:

- Accept that nobody is perfect, and making mistakes is a part of being human.
- Learn from your mistakes and use them as opportunities for growth.

### Focus on Your Strengths:

- Identify and celebrate your strengths, talents, and achievements.
- Remind yourself of your capabilities when self-doubt creeps in.

### Set Realistic Goals:

- Establish achievable goals that align with your abilities and values.
- Break larger goals into smaller, manageable steps to boost your confidence.

### Professional Help:

- If negative self-talk is significantly affecting your life or mental health, consider seeking support from a therapist or counsellor.
- A trained professional can provide guidance and evidence-based interventions.

### Practice Patience:

- Overcoming negative self-talk takes time and practice.
- Be patient with yourself and acknowledge that progress may be gradual.

### Cultivate Self-Compassion:

- Treat yourself with the same kindness and understanding that you would offer to a friend facing similar challenges.
- Self-compassion can help counteract self-criticism.

Remember that overcoming negative self-talk is a process. Be persistent in applying these strategies, and with time and effort, you can foster a more positive and self-affirming inner dialogue.