

“MINDING YOUR MIND”

*Identifying Negative Self-Talk &
Converting to Positive Self-Talk*

SIGNS THAT YOU ARE USING NEGATIVE SELF-TALK

- Using “judgmental” words such as “must” and “should”
- Using *catastrophizing* words for circumstances NOT related to life and death matters
- Overgeneralizing



STRATEGIES FOR “DISPUTING” NEGATIVE SELF-TALK

- Argue against negative self-talk with logic
- Argue against “should” or “ought” with “why should I?”
- Question catastrophic words and assess real damage potential of situation
- Challenge overgeneralizations
- Use challenging POSITIVE self-statements

