

Self Talk Worksheets

Talk To Yourself As You Would A Close Friend

Most people find it difficult to show themselves compassion when dealing with their inner critic.

Imagine a close friend is struggling with self-critical thoughts, how could you offer compassionate responses.

Use the following negative statements to practice to see if you can come up with a kinder, gentler statements:

No one loves me.

Your response: _____

I am never good enough.

Your response: _____

I am a loser.

Your response: _____

I can never do anything right.

Your response: _____

Talk To Yourself As You Would An Innocent Child

Children are innocent and pure.

Most of us never speak to a child the way we sometimes talk to ourselves.

Practice compassionate responses by responding to the following self-talk statements as if you're talking to a child.

No one loves me.

Your response: _____

I am never good enough.

Your response: _____

I am a loser.

Your response: _____

I can never do anything right.

Your response: _____

Affirmations For Positive Self-Talk

Mantras and affirmations are a great way to reinforce new positive beliefs.

The following are some examples. Check off ones that resonate with you and add ones of your own:

- I allow myself to feel all my emotions, even uncomfortable ones.
- I am doing the best that I can, and that is good enough.
- I am worthy.
- I can make mistakes. They are a normal part of the learning process.
- I pay attention to my body and its needs.
