



Positive Self-Talk (Good Thoughts): INSTRUCTIONS 4a

_____ Situation _____ Initials _____ Date

● Positive Self-Talk

A tactical, short-term method of composure. Each of us has a set of messages that play over and over in our minds. This internal dialogue, or personal commentary, frames our reactions to life and its circumstances. Because we think in images and words/sentences, we call this internal chatter, 'self-talk'. Our body and nervous system responds to what we automatically tell ourselves. We can override this though with positive self-talk, with words, phrases, mottos or quotes that have a quick effect on how we feel.

We use the word “positive” to indicate any self-talk or good thoughts that you chose, that is either:

- Helpful, encouraging, constructive
- Rationale, realistic, responsible
- Creates a sense of calm and control
- Has an overall effect of creating a more positive approach

Samples

- *It's okay, I've done this before*
- *Just start and see how it goes*
- *Give yourself a break, everyone experiences this sort of hassle*
- *I can get advice or a helping hand if I needed it*
- *This is an unusual situation, it's okay to be a bit unsure, but good advice is available*

YOUR SAMPLES: *Positive self-talk (good thoughts) that's likely to work for me.....*