

## Confronting Negative Self-Talk Worksheet

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### Introduction:

Negative self-talk is the internal dialogue that can hold you back, reduce your self-esteem, and increase stress. This worksheet is designed to help you recognize, challenge, and replace these thoughts with more balanced and compassionate ones.

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### Step 1: Identify Negative Self-Talk

Take a moment to reflect on the thoughts you have throughout the day. What are some common negative thoughts or beliefs you tell yourself? Write down a few examples below:

#### Examples of Negative Self-Talk:

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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### Step 2: Examine the Impact

How do these negative thoughts make you feel and behave? Consider the emotional, physical, and behavioral impact these thoughts have on you.

#### Emotional Impact:

- How do you feel when you have these thoughts?  
\_\_\_\_\_

#### Physical Impact:

- Do these thoughts affect your body? (e.g., tension, energy levels)  
\_\_\_\_\_

#### Behavioral Impact:

- How do these thoughts affect your actions or decisions?  
\_\_\_\_\_

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### Step 3: Challenge the Negative Thought

Now, let's challenge the negative thought by asking the following questions:

1. **Is this thought based on facts or assumptions?**  
(e.g., Am I making an assumption about myself or a situation?)  
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  2. **What evidence supports or contradicts this thought?**  
(e.g., Have I had experiences where this thought wasn't true?)  
\_\_\_\_\_
  3. **What would I say to a friend who has this thought?**  
(e.g., How would I support someone else feeling this way?)  
\_\_\_\_\_
  4. **What is a more balanced or realistic way to view the situation?**  
(e.g., How can I reframe the thought more positively?)  
\_\_\_\_\_
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### Step 4: Replace with Positive Affirmations

After challenging your negative thought, create a positive affirmation or counter-thought. Use the space below to write down your new, more supportive statement:

**Positive Affirmation:**

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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### Step 5: Reflect and Revisit

It's important to check in with yourself regularly. After a week, revisit this worksheet and ask yourself:

- Has my negative self-talk changed?
- How do I feel about the new affirmations or counter-thoughts I've been practicing?
- What other areas of my life can I apply this process to?

**Reflection:**

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**Tips for Success:**

- Be patient with yourself. Changing negative self-talk takes time.
- Practice mindfulness and self-compassion.
- Try writing down your affirmations each morning or saying them aloud.
- Seek support from a therapist or coach if negative self-talk is deeply affecting you.

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**Remember:** You have the power to change the way you talk to yourself, and by practicing these strategies, you can build a more positive and empowering inner dialogue.

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