OVERCOMING NEGATIVE SELF-TALK

for caregivers

1. IDENTIFY AND LABEL

Take a moment to recognize when you engage in negative self-talk. When you catch yourself saying something negative about yourself, label it as "negative self-talk."

EXAMPLES

THAT WAS SO STUPID OF ME	☑ NEGATIVE	◯ POSITIVE
I'M NEVER GOING TO GET THIS RIGHT	☑ NEGATIVE	◯ POSITIVE
	◯ NEGATIVE	◯ POSITIVE
	◯ NEGATIVE	◯ POSITIVE
	◯ NEGATIVE	◯ POSITIVE
	◯ NEGATIVE	◯ POSITIVE
	◯ NEGATIVE	◯ POSITIVE
	◯ NEGATIVE	◯ POSITIVE

2. CHALLENGE THE THOUGHT

Once you identify and label your negative self-talk, take a moment to challenge the thought. Ask yourself if the thought is true, and if not, what a more positive thought would be.

EXAMPLES

THAT WAS SO STUPID OF ME	Is this really true? What could I have done differently?
I'M NEVER GOING TO GET THIS RIGHT	What evidence do I have that this is true? What could I do to increase my chances of success?

3. REPLACE THE THOUGHT

Once you have challenged the thought, replace it with a positive thought.

EXAMPLES

THAT WAS SO STUPID OF ME	I made a mistake, but I can learn from it and do better next time.
I'M NEVER GOING TO GET THIS RIGHT	I'm learning new skills, and I can use the resources available to me to reach my goal.