

Replace Negative Self-Talk

Words are powerful. They can bring up images of success or failure, and significantly affect how we approach tasks, overcome obstacles and challenges (Clough & Strycharczyk, 2015).

Identify examples of self-talk you have been using and replace them with their positive equivalent.

When faced with difficult situations, repeat the positive self-talk to change how you feel:

Negative self-talk	Positive self-talk replacement
I can't do this; I'm going to fail.	I've done it before and was successful.
This is out of control, I can't handle it.	I can't control all the events, but I can control my reaction to them.
I'm feeling overwhelmed.	I know how to control these feelings; I need to focus on relaxing myself.

References

- Clough, P., & Strycharczyk, D. (2015). *Developing Mental Toughness: Coaching Strategies to Improve Performance, Resilience, and Wellbeing*. Kogan Page.