Self-Talk Worksheet

This worksheet is created based on the information in this post. It is designed to help you replace your negative self-talk with positive, but realistic, self-talk. Please refer to the post for more information such as explanations, further instructions, and examples.

Part 1: Recognize that your negative self-talk are lies

Write down negative messages (aka "lies") you tell yourself under the "Lies" column.

Part 2: Reason why your negative self-talk aren't truths

In the second column, next to each lie you wrote, write down why they aren't true. Make your argument. Provide evidence. Be as specific as you want. It's okay to brag.

If a lie is true or partially true, write down how you can change it, improve it, or how it doesn't define who you are.

Part 3: Replace negative self-talk with positive but realistic self-talk

In the third column under "Truths", write down a positive but realistic message to replace the negative one. Make sure that the truth resonates with you. It has to be something that you believe.

Part 4: Live with your truths

You can rewrite the truths column into the last page of this worksheet. Keep that list with you and look at it whenever you notice your negative self-talk.

Feel free to complete this exercise as many times as you'd like to make positive self-talk a habit.

Feel free to also make your list of truths into whatever you want it to be. You can get creative and make it a poster, art piece, collage, etc. The point is to recognize and celebrate the good things about you.

"Be who you want to be without someone, including yourself, telling you that who you are isn't good enough. You are kind to others, so why can't you be kind to yourself?"
Hopeful Panda

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Lies	Reasons	**Truths**

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My Truths

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