

Blah, blah, blah... Changing Your Negative Self-talk

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- The roller coaster response

How self-talk develops

- Intention does not equal perception
- How do we maintain these negative messages?
- Self-fulfilling prophecy
- The prevalence of negativity

Common forms of negative self-talk

- Ten common cognitive traps
- The world does not revolve around you
- It's all in the words
- The world of "should"
- Have to vs. Choose to
- I Can't
- But vs. And
- Repetition
- Avoid the disclaimers
- Stay in the present (the here-and-now)

Steps to changing your self-talk

- Step 1: Increasing awareness of your self-talk
- Step 2: Whose voice is this?
- Step 3: Challenge or dispute these beliefs or thoughts
- Step 4: Replace or reframe this belief or thought
- Step 5: Repeat this process as needed
- Step 6: Use positive self-talk on a regular basis
- "But I don't believe the positive statements"
- Thought stopping
- Self-dialoguing
- It's not good, bad, right or wrong. It just is.
- Unhelpful and helpful beliefs

Creating positive self-talk

Steps to creating positive affirmations
Affirmations for a healthy self
Moving from new positive thoughts into action
Attitude is everything

Some final thoughts: The power of the positive

Suggested resource list