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### CHANGING MY SELF TALK WORKSHEET

**Instructions:**

On the left hand side with the heading "BAD SELF TALK", make a list of all the bad self talk you engage in and the negative things you say about yourself. On the right hand side write a new self talk that you would like to change the negative one to. See my example then continue with your own.

<b>BAD SELF TALK</b>	<b>CHANGE TO GOOD SELF TALK</b>
<b>Example:</b> I'll never get a good job	<b>Example:</b> I can get a great Job

Every time you find yourself in the bad self talk mode, whenever you are felling low and beginning to sink into thinking negatively, immediately replace that bad self talk with its corresponding good self talk that you wrote down and keep repeating the good self talk either internally or out loud (if you are in a quiet place where no one will think you're crazy!) until you begin to feel energized and positive again.