



SELF-TALK

SELF-TALK is the talking you do in your own head, about yourself and the things that happen – your own 'running commentary' on your life.

Often this self-talk happens so automatically that you are hardly even aware of it. However, what you say to yourself can have a big impact on the way you feel and the things you achieve. Your self-talk can be like an *internal coach*, encouraging you, boosting your confidence, believing in you and motivating you to achieve your goals; or it can be like an *internal bully*, undermining you, criticising you and giving you a hard time when you're feeling down.

Positive self-talk can do a lot to give you the confidence to use your talents to the full, and to cope with stressful situations.

Changing your self-talk

- 1. Identify your self-talk:** Become aware of your thoughts - take time to notice the things you say to yourself.
- 2. Assess your self-talk:**
 - Is it positive or negative?
 - Is there any evidence for this thought?
 - Is there any evidence against it?
 - Is this how I would talk to a friend in my position?
 - Are there more positive ways I can view the situation?
 - Am I keeping things in perspective?
 - Even if there is some validity to this thought, is it helpful to spend my time thinking about it?
- 3. Change your self-talk:** If you decide that your self-talk is unhelpful or wrong, replace the negative thoughts with a more positive alternative.

*Changing self-talk takes time and practice.
Keep working at it!*





Examples of

SELF-TALK

Here are some examples of positive SELF-TALK that our staff, volunteers and young people have said they use for themselves. We hope you find them helpful!

- I'll be alright!
- I've done it before – I can do it again!
- I'll be glad that I've done it when it's over
- A mirage in a desert – it's not real, keep walking!
- It will become easier over time
- Turn away and move in a new direction
- I can be anxious and still focus
- Before you do it, take 5!
- Break it down into manageable tasks / bite size pieces
- Climb up the mountain little snail, but slowly, slowly!
- Just keep swimming!
- This too shall pass
- Reassure yourself – I am prepared!
- What's the worst that can happen?
- It's not the end of the world!
- Step outside yourself to see the situation differently
- Be kind to yourself
- Reality check! What would other people say/think?
- Remember how far you have come
- Stay in the moment – don't worry about what might be!
- I'll cross that bridge when (and if) it comes!
- It's always alright in the end – if it's not alright, it's not the end!
- Reward yourself
- Just breathe girl!
- I CAN do this!

Our SELF-TALK Factsheet was written by the young people and volunteers at The Project. Thanks to all! 😊

