

Talk to Yourself Differently

The way you talk to yourself matters. Kinder, more balanced self-talk can reduce distress, increase self-compassion and help you respond to challenges more effectively.

1

NOTICE YOUR INNER VOICE

What are you saying to yourself in this moment or about a current situation? Write down the self-talk as it is.

2

IDENTIFY THE PATTERN

What kind of self-talk is this? (e.g. self-critical, anxious, all-or-nothing, catastrophising, self-blaming)

3

CHALLENGE IT

Is this thought completely true? What evidence supports it and what evidence doesn't?

EVIDENCE FOR THIS THOUGHT

EVIDENCE AGAINST THIS THOUGHT

4

TALK TO YOURSELF DIFFERENTLY

Write a more balanced, kind and realistic way to talk to yourself about this situation.

5

HOW DOES IT FEEL?

Notice the difference. How do you feel when you use the new self-talk?

6

KEEP PRACTISING

What could help you remember to use kinder, more balanced self-talk in the future?

A GENTLE REMINDER

You can be honest with yourself and still be kind.