

CHALLENGING
NEGATIVE
SELF TALK

WORKSHEET

Changing your self talk takes increased awareness of the things you say to and about yourself.

The goal is to recognize negative self talk and correct yourself by replacing the negative with something more realistic and/or positive.

Use this worksheet to record at least 2 negative thoughts or comments, then challenge the negative statement and restate it. For example:

Negative

Oh man! I can't believe I did that - I am such an idiot.

Challenge

Am I really an idiot because I made a mistake or did something wrong? Is that true?

Restate

Oh no! I really blew it. I need to figure out what went wrong and try again.

Negative

Challenge

Restate

Negative

Challenge

Restate

Negative

Challenge

Restate

Negative

Challenge

Restate