

TRY IT

Self Talk

Identify one piece of unsupportive self-talk you have about yourself, another person or a situation.
Then, use the approach you've learned to create more supportive self-talk.

Recognize and **record** unsupportive self-talk.

Recognize: Once you become aware of what you're saying to yourself about yourself, a situation or person, you can change it.

Record: Writing down your self-talk allows you to separate yourself from it, so that it becomes easier to control.

Re-think the unsupportive self-talk and replace it with more supportive self-talk.

Re-think: Once you've written down the unhelpful self-talk, decide how to change it. Create alternative self-talk that you believe and that will support your success..

Note how you'll help yourself by **repeating** your new self-talk versus reverting to the old, unsupportive self-talk.

Repeat: Like any habit, managing your self-talk well requires repetition.