



NEGATIVE SELF TALK



Find 5 good things every day about yourself and write them in your journal each night.

They can be very small but they must be real. Think outside the square of what we would normally call positive self-reinforcement and find real things that you did or noticed about yourself that are good.

Tiny examples like:

'I found the best coffee today'

'I loved walking barefoot in the park this afternoon'

'I did the paperwork I have been putting off and I feel good about that'

Examples like these are really good because they are real and the brain likes truth.

If you are having a bad day, it is more than ok to write things like:

'I don't feel like I have anything good to write but I am still prepared to try and find something good and that is pretty good'

'I've been sitting here thinking and I am still struggling to find something good but hey, I haven't given up and that's a good thing'

RETRAIN YOUR BRAIN

This exercise serves you on a few levels:

You are feeding your self-esteem in a healthy, realistic way.

You are finding the things you like about yourself and in turn discovering (or re-discovering your values).

You are also training your mind to look for good things. Think of this as a discipline rather than an exercise. If you do this diligently, the mind becomes practiced at looking for what is right instead of just what is wrong. Rather than trying to stop or distract the mind from negative self-talk, this daily practice, helps to bring balance to the way the mind works.