

CHALLENGING NEGATIVE SELF-TALK

A WORK PAGE TO GET YOU
STARTED

*Use these exercises to help you along your healing journey.
Remember, challenging negative self-talk takes practice. Recognize
the patterns, flip the switch, and form the habit. **You got this!***

Identifying Your Inner Critic

Purpose: To build awareness of negative self-talk patterns and understand your roots.

1. What does your inner voice often say to you? Write 3-5 recurring negative thoughts you've noticed recently.

2. Which patterns do you relate to most?

- Personalizing (blaming yourself for everything)
- Magnifying (only focusing on the bad)
- Catastrophizing (assuming the worst will happen)
- Polarizing (seeing only black and white, no middle ground)

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3. Choose one negative thought. What emotion does it bring up?

Thought: _____

Emotion: _____

4. Can you trace this thought back to an experience or belief? When is it usually triggered?

Practice Tip: *Try naming or personifying your negative inner voice into something silly. I picture my inner voice as a racoon that sounds like Marge Simpson. -Coach Katie*

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Reframing Negative Self-Talk

Purpose: To practice turning unhelpful thoughts into supportive affirmations.

For each negative thought, write a positive or compassionate counter statement.

Negative Thought	Positive Reframe
EX: "I'm not good enough."	EX: "I am learning and growing every day."

Practice Tip: Track your reframes for a week. Use a sticky note, journal, or phone notes!

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Leading Yourself with Compassion

Purpose: To reflect on how your internal world affects your leadership and how to lead with kindness.

1. What does leading myself with compassion look like?

2. When I take care of my internal world, I feel more:

- Confident
- Calm
- Clear-headed
- Present
- Kind
- Other: _____

3. What is one way I can show myself compassion this week?

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Final Reminder: You Are Worth Believing In

Write yourself a short letter or message you need to hear on hard days:

Dear Me,

Love,
