

**Realistic Self-Talk**

# What other people say about us is not nearly as important or as impactful as what we say to and about ourselves. When we engage in negative self-talk, the result is often low

self-esteem, a poor self-image, depression,

anxiety and pessimism.

*The result of positive self-talk is often greater self-conﬁdence, a positive outlook and general happiness and optimism. Here are some realistic self-statements that can help you to develop a better and more constructive mindset.*

1.

I deserve good things.

2.

Even if I don’t have the solution to a problem right now, I will resolve it eventually.

3.

I give respect to others and deserve to be respected by others in return.

1. This problem or situation is time-limited; it will not last forever.
2. It’s okay if someone doesn’t like me; it’s only natural.
3. I am not helpless. I can get through this.
4. It’s okay that I’m feeling badly right now. The feeling will pass..
5. What can I learn and take from this difﬁcult situation?
6. No one is perfect. I will make mistakes just like everyone else.

## 10.

I can control only myself. I cannot make anyone else think, feel, or behave differently.

## 11.

I’m not going to cease to exist, despite this problem or situation.

## 12.

What’s the worst thing that will happen if I make a mistake (will someone go to jail, will someone die?)

## 13.

Maybe that person isn’t being critical of me.

14.

What someone else thinks of me doesn’t have to matter that much.

15.

Even if I fail or don’t do well, I’m still a good person.

16.

This is not a problem, but an opportunity.

## 17.

Not every day will be a picnic, but I’ll get through just ﬁne.

## 18.

I can do well by myself. I don’t have to be in a relationship in order to survive.

## 19.

I want to focus on those things that are constructive, productive, and will be beneﬁcial to me.

## 20.

Look at all the things I’ve achieved so far. There’s no reason to believe that I won’t continue to grow and achieve.

## 21.

Just because a situation is difﬁcult doesn’t mean that it’s impossible.

## 22.

So what that I’m scared. It’s natural to be afraid, but I don’t have to let the fear stop me from doing what I need to do.

## 23.

I will be true to myself.

## 24.

I can afford to be selective.

## 25.

It takes *two people* trying for a relationship to work.

## 28.

The past does not dictate or control the future.

26.

By this time (tomorrow, next week or next month), this problem or situation will be over.

27.

I deﬁne who I am, not someone else.

## 29.

It’s never too late to change.

## 30.

It’s never too late to be happy.

## 31.

I know who I am, so I don’t have to prove anything to anyone.

## 32.

I don’t have to make a quick decision about something just because someone else is in a hurry, is angry, or is pushing me to decide.

## 33.

Someone else’s opinion is just that: opinion. It’s an opinion, not a fact.

## 34.

Just because something starts out badly doesn’t mean that it will always be that way.

## 35.

I can change my life.