



# Realistic Self-Talk

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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.

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*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.*

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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.
  4. This problem or situation is time-limited; it will not last forever.
  5. It's okay if someone doesn't like me; it's only natural.
  6. I am **not** helpless. I can get through this.
  7. It's okay that I'm feeling badly right now. The feeling will pass..
  8. What can I learn and take from this difficult situation?
  9. 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.

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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.

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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.
  28. The past does not dictate or control the future.
  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.