



THE THINGS YOU SAY

The Positive Self-Talk Workbook

The Positive Self Talk Workbook © 2020

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INTRO

How do you talk to yourself?

Most of us never really take time to think about this. We assume, our thoughts are our thoughts, so why bother obsessing over them?

If you have found this workbook, you likely know that you are quite hard on yourself.

You also have an idea of how damaging negative self-talk can be.

We can't make you more positive overnight, but if you work through this workbook, you will have all the tools and knowledge you need to escape the negative self-talk trap and start treating yourself with some respect.

Read on when you are ready to make impactful and positive change.

SELF-TALK QUESTIONNAIRE

As mentioned in the intro, we don't often consider our self-talk. The simple goal of this exercise is to think about how you talk to yourself. This will require you to be honest, and to make a concerted effort to remember how you talk to yourself.

Circle either Yes or No for each question on the following page.

Do you talk to yourself in negative terms (I can't do this, I'm no good)?

Yes | No

Do you often talk to yourself this way?

Yes | No

Do you use a negative "voice" (i.e. do you talk to yourself in a rough tone, as opposed to a pleasant voice?)

Yes | No

Do you do this negative talking without noticing?

Yes | No

Do negative or doubtful thoughts ever hold you back from taking action?

Yes | No

If you answered "yes" to even one of these questions, then you will get great value from working through this book.

Negative self-talk may not seem like a huge issue, but it is vitally important to address, and the following exercises will do their best to help you.

NEGATIVE THOUGHT TRACKER

This exercise is the most important step you can take towards ending your negative self-talk.

For the next while (you can choose on the time, but a week should be minimum) you will track your negative thoughts.

Using the table on the following pages you will track your negative thought, what caused it, and a new positive thought to balance it out. The more often you do this, the more likely it is to become your second nature.

Negative Thought Tracker

Negative Thought	Trigger	Positive Replacement
<i>There is no way I deserve my love interest</i>	<i>Got in an argument with my partner</i>	<i>My partner loves me, and a little argument won't change that</i>

Negative Thought Tracker

Negative Thought	Trigger	Positive Replacement

Negative Thought Tracker

Negative Thought	Trigger	Positive Replacement

Negative Thought Tracker

Negative Thought	Trigger	Positive Replacement

Negative Thought Tracker

Negative Thought	Trigger	Positive Replacement

YOUR MONTHLY AFFIRMATION

A great way to limit your negative self-talk is to make sure that you commit to positive self-talk as often as possible.

The best way to do that – affirmations! Affirmations are positive things that you say about yourself. You can say them in your head if you want, but saying them out loud makes them even more powerful.

For our purposes, we devised an affirmation system that is easy to follow, effective and with enough flexibility that anyone can do it.

The general idea is to choose a different affirmation for each month. Spend some time each morning (or night, or both!) repeating this affirmation.

Each month should focus on a different area of your life that negative self-talk affects. Not sure which areas those are? Well look at your tracking above. You will certainly be able to draw some conclusions from that.

Month: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec	
Area of Life to Address	
Affirmation to Use	
Time(s) You Will Use:	
Back Up Affirmations (make sure these are related to area of life you chose)	
When Month is Over, Reflect on How Affirmations Helped (or didn't) You	

Month: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec	
Area of Life to Address	
Affirmation to Use	
Time(s) You Will Use:	
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CONCLUSION

Negative self-talk is not something you can just turn on or off with the flip of a switch.

It requires:

- Being aware of your negative thoughts
- Tracking your negative thoughts
- Replacing your negative thoughts with positivity

Three steps doesn't seem too bad, but remember this is a lifelong battle. You will be going through these 3 steps over and over again.

You can do those 3 steps right in this workbook. This workbook is designed to be a living document. Feel free to make copies of any of the templates above. You can print them out if you want, or just copy the general format into your own notebook (online or offline).

The key is to just start!

So, don't waste any more time dealing with negative thoughts. Get to work, go through this workbook. and soon you will flip those negative thoughts into positive ones.