

Another major block to creating the life that one wants
is one's negative self-talk.

Session 15

Combating Negative Self-Talk

explores a variety of ways to catch, check and change negative self-talk
in order to prevent the spiral into frustration, depression and/or despair.

Carol’s Story

Carol awoke and realized she had overslept. “Oh! No! I am going be late for work! I said I wanted to get up every morning and go for a walk. I should have known that I wasn’t serious. I always have great plans, but I never follow through. When am I going to grow up and start taking some responsibility for my life? I am such a failure!”

As Carol went to the kitchen, she caught a glimpse of herself in the hall mirror. “I shouldn’t wear this skirt. It is tight across my butt. If I bend over, I will burst the seams. I have really put on a lot of weight lately. I am so fat and ugly.”

As Carol was opening the door of the fridge, she said to herself, “What am I doing? I shouldn’t eat breakfast... I really need to skip a few meals; then my clothes may fit a little better. I probably need to not eat for a week! No, I’ve changed my mind. Why don’t I eat everything in the fridge? I am a great example of a person who doesn’t care how fat and ugly she gets. I am really hopeless.”

Carol left the house almost in tears. She got on the bus for work. When she sat in her seat she looked at her reflection in the window. She realized that she had forgotten to comb her hair. “My hair looks horrible. I am so ugly. I ought to shave my head and wear a wig. Nobody could ever like a person who looks like me!”

When Carol got to work, she remembered that she had not finished a report that was due that day. As she sat at her computer and got to work, her boss walked by. Carol said to herself, “He is going to think that I just started working on this report, and it is due today. He won’t expect it to be very good. I am sure that he will give it to someone more capable to rewrite it. I am probably not going to have this job much longer. He will probably fire me soon. What will I do then? I am such a fat, ugly failure that no could ever like.”

Combating Negative Self-Talk

Participant Worksheet

Carol’s Story – Discussion – Notes:

Carol’s Story – Revisited – Notes:

Definition of Negative Self-Talk:

The negative things we tell ourselves that keep us from obtaining and keeping our goals.

Notes on - Catch it! Check it! Change it!

If you could learn to catch your negative thinking in the early stages, check it over against the actual situation, and change it to something more realistic and positive, how would your life be different? What would you be able to do that you can’t do now?

List five actions you have found helpful in catching, checking and changing your negative self-talk.

1.

2.

3.

4.

5.

Notes from small group discussion:

Session 15 – Review Questions – Combating Negative Self-talk

1. What is the definition of negative self-talk?

2. What role does negative self-talk play in a person's life?

3. What tool do you use to combat negative self-talk?

4. What are some of the things you have found helpful in catching, checking, and changing negative self-talk?