

Challenge Negative Self Talk



WORKSHEET

Changing your self talk takes increased awareness of the things you say to and about yourself.

The goal is to recognize negative self talk and correct yourself by replacing the negative with something more realistic and/or positive.

Use this worksheet to record at least 2 negative thoughts or comments, then challenge the negative statement and restate it. For example:

Negative:	Oh man! I can't believe I did that – I am such an idiot.
Challenge:	Am I really an idiot because I made a mistake or did something wrong? Is that true?
Restate:	Oh no! I really blew it. I need to figure out what went wrong and try again.

Negative:	
Challenge:	
Restate:	

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