



Week 3 - Positive Self-Talk - Building Your Resilience

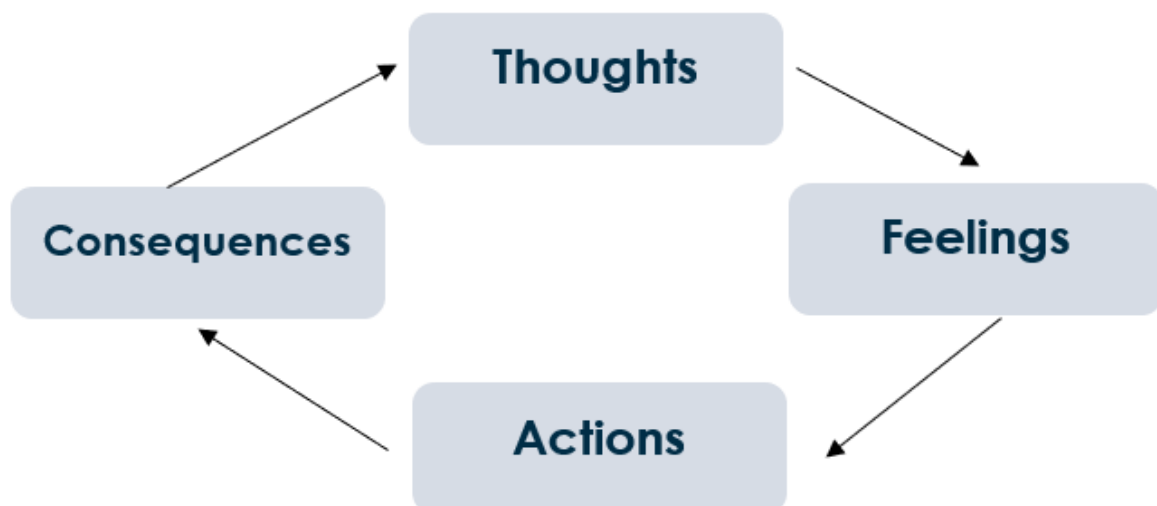
Welcome to Week 3!

Positive Self-Talk is based on the concept that the way you talk 'in your head' shapes the way you see the world and interpret things. Therefore, if our self-talk is negative, then we tend to see things negatively and if we use positive self-talk, then we see things positively.

We talk to ourselves all the time and there is usually a running commentary working through our heads. How we talk to ourselves influences how we feel and what we do, which ultimately reflects how much stress we experience. Talking to ourselves like this is perfectly natural.

Because the self-talk is so natural to us, we tend not to question or challenge its validity, which can become a problem if it is telling us things that restrict us or makes us feel bad. It's a bit like the statement, 'Is the glass half empty or half full'. When our self-talk is always telling us that it's half empty, we begin to only notice the negatives in life. When we make a conscious decision to alter this self-talk for the better, life can become a lot more positive.

This idea is best represented by the following diagram:



Write down several negative statements that you hear yourself say in your own head regularly. Next spend some time turning the negative statement into a positive one. If you find this hard to do partner up with a friend or work colleague and swap your negative statements with theirs and turn each other's into positive ones.

Negative statement 1:

e.g.: I have so much work to do and not enough time

Positive alternative:

e.g.: I am a productive person and with good planning I can work through my tasks with ease. I will get through my priority tasks and feel good for achieving them.

Negative statement 2:

Positive alternative:

Negative statement 3:

Positive alternative:

Negative statement 4:

Positive alternative: