

Positive Self-Talk!

1. When it comes to thoughts, you have a lot of mind and control!!

Your body listens and responds to your thoughts!! Your mental self-talk can be:

P O S I T I V E or N E G A T I V E

2. **Sports Psychology** is a great example of the power of mind control. An athlete is taught to stay positive, to stay calm, be focused, be confident, to “see yourself as a winner,” and to “picture the ball going in the hole.” Many athletes find success with this positive thinking and imagery.

3. Another way of positive thinking and mind imagery is used in relaxation and relieving stress. You can imagine a scene, place, or event that you remember as peaceful, restful, beautiful, and happy. It acts as a retreat from places of stress and pressure; consequently, the body actually responds with a lower blood pressure and a lower pulse rate to calm down and relax.

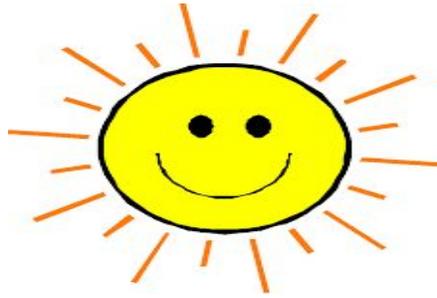
4. Just as making positive statements to yourself help you to build confidence, improve performance, and improve your mental skills, negative thinking damages these things. Our sub-conscious mind can't tell the difference between what is real and what is imagined! It takes any pictures, any thoughts that you send to it as reality. Once you direct an image or visualization to your sub-conscious brain, it will work 24 hours a day to make that image a reality, coming up with a plan to make those thoughts true for your life. So, choose your self-talk very carefully because your sub-conscious brain takes whatever you send it as real.

Examples:

If you were taught as a child that all dogs will bite you, your mind will automatically raise that fear every time you see a dog. (Although your friend tells you that her dog is friendly, your mind believes and sends the fear message. You have to re-train your brain!!!)

If you continually say, “I’m really bad at math,” then your brain will send thought reminders to you like, “I can’t do this,” “This is too hard for me,” “I’ll never get this because I am bad at math.”

5. You can retrain and change your thinking by having positive self-talk. It’s not easy at first, but it can literally change your life! Today, we are going to practice this difficult, but powerful positive self-talk.



What is positive self-talk?

Positive self-talk is a strategy that we can use to help us get through anxiety provoking situations. It helps us to break stress up and involves focusing on positive rather than negative statements. There are three key stages: preparation, coping, and review.

Preparation

As we are about to enter a situation or face something that we find daunting, we can help ourselves to prepare with positive statements such as:

“It’s not going to be as bad as I think.”

“It won’t last long and I can cope.”

“I am getting better and need to re-build my confidence.”

“If I do get bad feelings, I know they won’t last long and I can cope with them.”

“It’s better to go than not to go. Worry doesn’t help.”

“I might enjoy it if I go.”

Coping

In order to help us cope and stay in the situation, we can use positive statements such as:

“Concentrate on what is going on....not how I feel.”

“This is just anxiety; it is an unpleasant feeling, but I’m OK!”

“Concentrate on what I have to do.”

“I know I am going to be OK.”

“The feelings always pass.”

“Relax and think positively.”

“One step at a time.”

“Anxious feelings are unpleasant, but not harmful or dangerous.”

Review

Comments to help you review your achievement and give yourself praise:

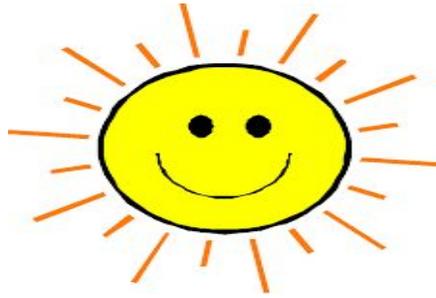
“I coped with that.”

“I achieved that; I am getting better.”

“I handled that; it should be easier next time.”

“I can be pleased with the progress I’m making.”

“I did that well.”



“If I keep this up, I’m going to get really good at this.”

Even when things don’t go according to plan, you should still take time to review the situation and praise yourself for what you have achieved. Each small step is progress, so try to focus on the positives rather than the negatives.

Here are some additional examples of self-talk statements for you to use. Pick a few to practice!

A. Preparation for Stress

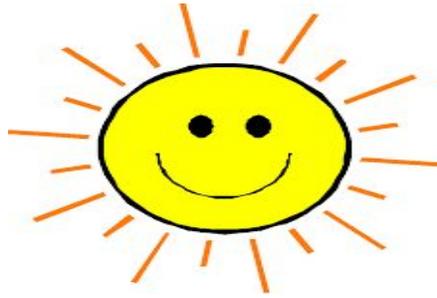
- I’ve succeeded with this before.
 - What exactly do I have to do?
 - I know I can do each one of these tasks.
 - It’s easier once I get started.
 - I’ll jump in and be alright.
 - Tomorrow I’ll be through it.
 - I won’t let negative thoughts creep in.
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B. Facing a Challenge

- I will take it step by step; I won’t rush.
 - I can do this; I’m doing it now.
 - I can only do my best.
 - Any tension I feel is a signal to use my coping exercises.
 - I can get help if I need it.
 - If I don’t think about fear, I won’t be afraid.
 - If I get tense, I’ll take a deep breath and relax.
 - It’s OK to make mistakes.
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C. Coping with Fear

- Relax now.
- Just breathe deeply.
- There’s an end to it.



Keep my mind on right now—on the task at hand.

I can keep this within limits I can handle.

I can always call _____

I am only afraid because I decided to be. I can decide not to be.

I've survived this and worse before.

Being active will lessen my fear.

D. Self-Congratulations

I did it!

I did alright.

I did well.

Next time, I won't have to worry so much.

I am able to relax away anxiety. I've got to tell _____ about this.

It's possible not to be scared. All I have to do is stop thinking I'm scared.

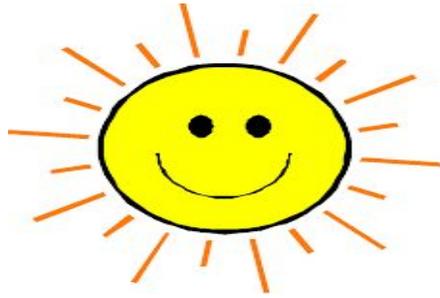
E. Affirmations

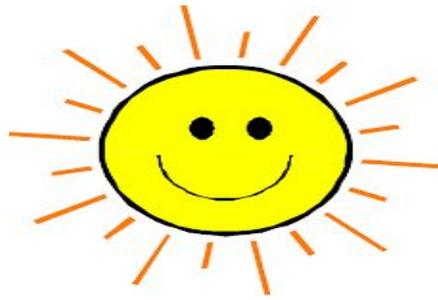
Every day in every way I grow stronger and stronger.

I enter this day with a peaceful heart.

I am responsible and in control of my life.

Circumstances are what they are, but I can choose my attitude towards them.





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GROWTH MINDSET

STATEMENTS AND AFFIRMATIONS

by Big Life Journal

1. Mistakes help me learn and grow
2. I haven't figured it out YET
3. I am on the right track
4. I can do hard things
5. This might take time and effort
6. I stick with things and don't give up easily
7. I strive for progress, not perfection
8. I go after my dreams
9. I cheer myself up when it gets hard
10. I am a problem solver
11. I try new things
12. I embrace new challenges
13. Learning is my superpower
14. I am brave enough to try
15. I improve with lots of practice
16. I grow my brain by learning hard things
17. I try different strategies
18. When I don't succeed right away, I try again
19. I ask for help when I need it
20. I learn from my mistakes
21. I focus on my own results
22. I was born to learn
23. When I fail, I say "I can't do it YET" and try again
24. I strive to do my best
25. I can learn anything!

