



How do I overcome my negative self-talk?

We all have a constant inner dialogue, which is commonly referred to as self-talk. When we engage in negative self-talk, it has a significant impact on how we feel, which in turn can influence how we act and behave. So by understanding how we overcome negative self-talk, we can then influence how we engage and interact with the world around us.

Here are a few ways to overcome negative self-talk:

1. TUNE INTO YOUR INTERNAL RADIO: Think of your self-talk as an internal broadcast. Using this radio metaphor helps us to get a third person perspective on what is being said. Without this, it's easy to get swept away and fused with this dialogue and mistake it for reality. For example, "you never get anything right".

2. PRACTICE CHANGING THE WAY YOU TALK TO YOURSELF: Purposefully try to modify your self-talk by focusing on positive statements such as, "that was a good effort," "you prepared the best you could". By intentionally planting these messages you are more likely to increase the ratio of positive to negative statements, which in turn will help to improve how you feel.



3. USE PAIN POINTS AS REFLECTION POINTS: Whenever you become aware that you are experiencing a difficult feeling like sadness, anger or fear, recognise this as your signal to stop and reflect on your thoughts, recognising the frequency and pattern. Once you start doing this, you may be surprised by how much of your thinking is inaccurate, exaggerated, or focused on the negatives of the situation. Being able to identify your thinking patterns is important in order to modify or replace these thoughts with positive or performance enhancing thoughts.

4. TEST THE ACCURACY OF YOUR THOUGHTS USING THE SUBSEQUENT CHALLENGING QUESTIONS:

- i. Look for evidence
 - What is my evidence for and against my thinking?
 - How can I find out if my thoughts are actually true?
 - What happened last time I was in this situation?
- ii. Look for alternative explanations
 - Are there any other ways that I could look at this situation?
 - What else could this mean?
 - If this happened to someone else, how would I perceive this situation?
- iii. Putting it in perspective
 - What is the best thing that could happen?
 - Is there anything good about this situation?
 - Will this matter in two months time?
- iv. Using goal-directed thinking
 - Do these thoughts help me change my behaviour, reach my goals, solve this problem?
 - Can I learn from this situation, to help me in the future?

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The Corporate Mental Health Alliance (CMHAA) is a group of Australian businesses dedicated to providing mentally healthy workplaces for their people.

FOR MORE INFORMATION PLEASE VISIT:

Website: cmhaa.org.au

LinkedIn: [Corporate Mental Health Alliance Australia](https://www.linkedin.com/company/corporate-mental-health-alliance-australia)



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