

Positive Self-Talk: Talking to Yourself Like a Friend

When to use this: When you are having negative thoughts about yourself.

Directions: Follow steps 1-4 below when you are having a negative thought about yourself.

Steps to ‘Talking to Yourself Like Your Friend or a Loved One’

1. Write down the negative thought that you are having
2. Think of someone you care about (such as a close friend or family member)
3. Imagine that the person you chose is saying your negative thoughts about themselves. How would you respond to them if they shared that negative thought with you?
4. Now, say your response to your friend back to yourself. You can say it outloud, write it down, or say it in your head.

Use this example if you are stuck:

What is the negative thought that I am having?

I feel like a bad parent.
I let the kids watch TV for too long today to keep them occupied while I cleaned up at home.

Who is someone I care about a lot?

My best friend Marcela is also struggling with guilt about allowing too much screen time for her children.

What would I say to them if they had that negative thought about themselves?

Juggling work and parenting for three kids doesn't make you a bad mom. It's challenging to manage everything, but you are a great mom and an amazing friend who is always striving to be better. Your children are so lucky to have you as their mom.

How can I direct that message to myself?

Juggling work and parenting for three kids doesn't make me a bad mom. It's challenging to manage everything, but *I am* a great mom and an amazing friend who is always striving to be better. My children are so lucky to have me as their mom.

Try it out yourself below:

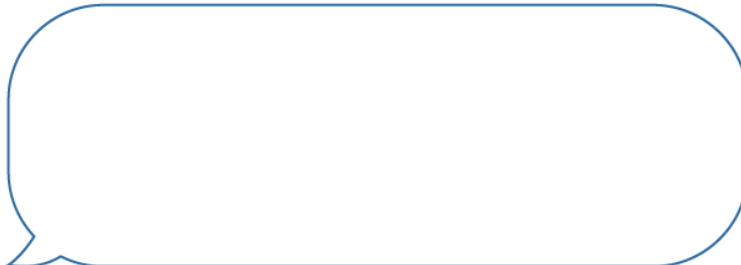
What is the negative thought that I am having?



Who is someone I care about a lot?



What would I say to them if they had that negative thought about themselves?



How can I direct that message to myself?

