

# *Silencing negative self-talk.*



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## **Participant Worksheet**

## *Exercise 1*

1) What are your most common negative thoughts about yourself?

2) Where do they come from (media, social network, upbringing)?

3) What do these thoughts hold you back from doing?

## Exercise 2

This is a practical approach adapted by psychology, for disproving and replacing your nagging negative thoughts.

There is an activating event or trigger that gives rise to the negative thought, that can be disproved and replaced.

Here is an example, list yours below.

### Activating Event (trigger)

What happens that triggers your negative talk?

I try something new and don't do it perfectly the first time around.

### Negative Self-Talk

What do you tell yourself when that event occurs?

"If I can't achieve a new skill right away, I'll never get it right. Maybe I should just give up now."

Are your thoughts (from the last column) realistic? List the evidence you have to disprove this thought.

No, because I struggled several times throughout college learning new subjects, yet I successfully obtained my degree.

What can you tell yourself on such occasions in the future (a positive replacement)?

When I persevere with difficult things, I succeed.  
Everything new takes time, this is just part of my learning journey.

## Exercise 3

You can use affirmations to reinforce the replacement statements you've developed above, and to start to train your brain to think positively about yourself each day.

You can read these affirmations to yourself in the morning and several times throughout the day. You can even put them on post it notes around the house to help you stay mindful.

Here are some examples to get you started:

"I am worthy just as I am."

"I can do hard things."

"I am enough."

"I am loved and supported."

Now list some of your own...

1)

2)

3)

4)

5)