A PAUSE, A PRACTICE, A NEXT STEP

Negative Self-Talk

Give your inner voice a fairer script.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Catch the wording

Notice words such as always, never, everyone, or worthless. Write the thought as a sentence so you can examine it with a little distance.

01 / Notice and reflect

What exact words did my inner voice use?

02 / Notice and reflect

What is a fact, and what is an interpretation?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek support if self-talk becomes relentless, fuels hopelessness, or affects relationships, eating, sleep, or functioning. If you hear a voice as coming from outside yourself, discuss that different experience with a clinician.

Read more: Mayo Clinic · Self-esteem and self-talk

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.