

Sometimes all we have is the power of our own self-talk. There are thousands of stories of people in dire situations who believed they had no more energy to carry on, yet they survived. Examples of this include Victor Frankl who survived a concentration camp. Another example is Donald Driver who was raised in an economically depressed city, was tempted by the street life, but became one of the best Packer receivers ever. Oprah Winfrey is another great example. She endured both physical and sexual abuse. Those who are successful very often did not come by things easily. In fact, the struggles they endured made them stronger. Successful people are quick to recognize when they are having negative thoughts and they utilize several strategies to change their thinking.

During an interview with Allyson Felix (who has 9 Olympic Medals – 6 Gold), she said that when she gets to the point in a race where she feels that she has no more energy, she reminds herself as follows... "You got this, you can do it, you have done this before." The skill is positive self-talk. This skill involves developing a few key phrases that are powerful and will jolt your brain from thinking negative to thinking positively.

Practice

On the lines below, develop three phrases that you can use to jolt your brain from negative thinking to positive thinking:

1: _____

2: _____

3: _____

These phrases need to be powerful, so when you use them, you believe wholeheartedly that you will be successful at whatever task is currently at hand.

Instructions: Over the next few days, practice the above skill. Find situations wherein your negative thoughts seem to be in charge. Stop and think about the situation, and then use the Positive Self-Talk skill to change the unpleasantness of the situation, and document your experiences below.

Situation 1:

What event occurred to trigger your emotion?

What emotion did you experience?

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What negative thoughts occurred?

What Positive Self-Talk phrases did you use to change the way you felt?

What did you observe, what changed?

Situation 2:

What event occurred to trigger your emotion?

What emotion did you experience?

What negative thoughts occurred?

What Positive Self-Talk phrases did you use to change the way you felt?

What did you observe, what changed?

How helpful did you find this skill was to reduce the unpleasant emotions?
