Self-Talk

While things other people say to us can be upsetting and damaging, what we say to ourselves is far more damaging and destructive than comments or criticisms from others. Typically, when we say things to and about ourselves that are negative, the comments themselves tend to be irrational, exaggerated, distorted or simply false. To combat all of that negative self-talk, here are some phrases you can say to yourself that are more rational, reality-based and helpful:

* Just because I have not been able to do this in the past does not mean I can’t do it now.
* My past does not dictate my present or my future.
* My mistakes don’t define who I am.
* This, too, shall pass.
* Things will not always be this way.
* I don’t have to be perfect; I just have to keep trying.
* I am a worthy person, no matter what.
* I will do my very best and that’s the very best I can do.
* It’s okay to be afraid, I just won’t let the fear stop me from doing what I need to do.
* Not everything that looks good to you is good for you.
* Just because everyone else is freaking out doesn’t mean I have to as well.
* Even the roughest times of my life ended after a while. This time will too.
* I don’t have to be just one way all the time.
* It’s okay to just be me.
* Forgiving someone doesn’t mean I like what they did or I feel that what they did was okay. I just don’t have to hold on to what they did anymore. I’m free.
* Nobody’s perfect, and that means you aren’t and I don’t have to be.
* I’ll keep looking at my feet; just keep putting one foot in front of the other and just keep going.
* I’ve accomplished more now than I ever have.
* Nothing I’ve ever been through has been a wasted experience because it’s helped me to be able to get to where I am now.
* Even the worst of times can have some good parts in them.
* I don’t have to live up to someone else’s expectations of me, just my own expectations of me.
* I’ll succeed if I just don’t quit now.
* Just one more time.
* If I have nothing else to lose, why not just keep trying?
* Is what I’m upset about really all that important in the grand scheme of things?
* Remember that thing that used to upset me so much but now it doesn’t bother me at all? What I’m going through now is another one of those things that won’t bother me at all later on.
* Once I forgive that person, they no longer have any control or influence over me or in my life.
* I don’t need to prove myself to anyone.
* I have a choice.
* I can define my own future, no matter what somebody else tells me.
* I am good enough.
* It’s not where I come from; it’s where I’m going.
* I am the author of my own future.