

Self Talk Cards

Use these pocket cards to swap harsh inner talk for kinder, truer lines.

1 • Gentle voice

Old: I'm useless at this.

New: I'm still learning; progress takes practice.

2 • One step

Old: It's too much.

New: I can break it into one small step.

3 • Yet

Old: I can't do it.

New: I can't do it yet, but I'm getting closer.

4 • Evidence check

Old: I always mess up.

New: Sometimes it goes well—let me list what helped.

5 • Friend test

Old: I'm a failure.

New: I'd never say that to a friend; I deserve the same kindness.

6 • Effort counts

Old: If it isn't perfect, it's worthless.

New: Done kindly is better than perfect and avoided.

7 • Temporary

Old: This feeling will last forever.

New: Feelings pass; I can ride this wave.

8 • Choice of focus

Old: Only problems exist.

New: Challenges and strengths both exist; I'll use my strengths.