

WEEK 20 of #YOUR2024STORY

Journal Prompt: *Transforming Inner Dialogue*

Overcoming Negative Self-Talk

Our words have power, and by speaking to ourselves with compassion and encouragement, we shape a more positive self-concept.

Journal Prompts:

- 1) Reflect deeply on a recent situation where negative self-talk held you back. What were the exact messages you were telling yourself? How did you internalize these messages?
- 2) Analyze the effects of these negative messages on your feelings and emotions. Did they make you feel less confident, anxious, or discouraged? Could you identify specific emotions that arose as a result of this negative self-talk?
- 3) How did these negative thoughts influence or dictate your actions? Did they prevent you from taking certain actions or making decisions you otherwise would have? If so, provide specific examples.
- 4) Identify a recurring negative thought you often have. Describe in detail why this thought keeps coming back and what triggers it.
- 5) Formulate an alternative positive and constructive message that you can say to yourself instead of this recurring negative thought. Make sure this new message is realistic, credible, and truly comforting to you.
- 6) Recall a time when you were successful in overcoming negative self-talk. What strategies did you employ? How did you manage to shift your mindset from negative to positive?
- 7) Reflect on how you can apply these same strategies in future scenarios when you are faced with negative self-talk. Try to create an action plan that you can follow.
- 8) Finally, brainstorm some positive affirmations that you can use to counteract your negative self-talk moving forward. How can you incorporate these affirmations into your daily routine to ensure you are consistently combating negative self-talk?

Remember, the aim of these prompts is to help you identify and break the cycle of negative self-talk. It's okay to feel negative emotions, but understanding and managing them can lead to personal growth and improved mental health.