

Negative Self-Talk Worksheet

Negative Self Talk	Evidence to Support	Alternative thoughts
<i>I am a failure; I cannot do anything right.</i>	<i>I have failed many times in the past as well.</i>	<i>Failure provides us with an opportunity to learn and I can utilize my strengths to overcome this challenge and ensure that I don't make the same mistakes in the future again.</i>
<i>I won't ever be as good or as successful as my friends.</i>	<i>My friends have accomplished more in their careers than I have.</i>	<i>Success looks different for everyone. I can celebrate my friend's success and focus on building my own accomplishments.</i>
<i>I will not be able to do this task. It's too hard for me.</i>	<i>I have struggled with completing similar tasks in the past before.</i>	<i>Through practice and perseverance, I can continue to learn and hone my skills.</i>

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