

# Positive Self-Talk

**Our thoughts form our perceptions. When we replace negative self-statements with positive ones, we change our perceptions and impact what we bring into our life.**

Verbalizing and/or writing down positive affirmations allows us to train our minds to think positively, which can attract what we want into our lives. Good energy out, good energy in. A positive affirmation is a statement of where you want to be, not where you feel you are currently.

## Tips that may help you develop positive self-talk

- When you find you are using negative self-talk, stop. **Change your internal dialogue to something that is more hopeful.** For example, instead of being hard on yourself for making a mistake, tell yourself, “everyone makes mistakes” or “I am doing the best that I can.”
- **Make it a daily habit to say positive affirmations to yourself** – Write down a few statements that resonate with you and post where you will see them, “I’m becoming better every day”, “I am intelligent and strong” or “I deserve to follow my dreams.”
- Engage in at least one **daily self-care activity** (walking, listening to favorite music, etc.).
- **Practice mindfulness**, i.e. being completely in the present moment. Take care to notice the sights and sounds of life and the people around you. Make a note of your experiences each day.
- When you find yourself speaking or thinking negatively, ask yourself, would you say this to someone you love? If not, what might you say instead? **Talk to yourself in a way you would speak to someone important to you.**
- List your five **favorite qualities about yourself**, and remind yourself of these regularly. Keep adding to the list and reminding yourself of your most positive attributes.
- **Journal your thoughts**, feelings, and emotions. End each journal entry on a positive note with a positive goal or next step of action.
- **Practice gratitude** for yourself and others.

## Your EAP is here for you.

We’re available to talk 24 hours a day, 7 days a week.

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