



# Make a List of Negative Self Talk

Make a list of your negative self-talk or negative beliefs and turn them into positive

a \_\_\_\_\_

b \_\_\_\_\_

a \_\_\_\_\_

b \_\_\_\_\_

a \_\_\_\_\_

b \_\_\_\_\_

a \_\_\_\_\_

b \_\_\_\_\_

a \_\_\_\_\_

b \_\_\_\_\_

a \_\_\_\_\_

b \_\_\_\_\_