Positive Self-Talk

Negative thoughts can be a sign of your illness. Often people think, "I can't do anything right." Try to change your thinking to something more positive such as, "I do lots of things well." Positive self-talk can be useful during your illness to help with stress and improve your health. If you have a lot of negative thoughts, this exercise can be helpful.

List your negative thoughts

1. _____
2. _____
3. _____
4. _____
5. _____

Look at your negative thoughts again and write them in a positive way

1. _____
2. _____
3. _____
4. _____
5. _____

Avoid negative self-talk such as, "I am so stupid." Instead try, "Right now I feel stupid because I made a mistake and I want to correct it, so I will………….. instead." Problem solving will allow you to let go of negative self-judgement. Saying "I am (stupid, lazy, etc.)" does not allow for problem solving. Positive problem solving will bring you self-forgiveness and support.