

Reframing Critical Self-Talk

🕒 Time: 15+ Minutes

📊 Difficulty: Moderate

What is it?

Negative self-talk is one of the main contributors to low self-esteem. When you're constantly putting yourself down, it becomes harder and harder to see your own worth. This can lead to a spiral of negative thoughts and emotions that further lowers your self-esteem.

But there is hope. By reframing your negative self-talk, you can start to see yourself in a more positive light. This will gradually boost your self-esteem which will turn the original negative self talk doom loop into a positivity feedback loop. And with a little practice, this new way of thinking will become second nature.

Steps to challenge negative thoughts:

01 Identify the trigger

What situation or thought is causing you to feel distressed or anxiety? Be as specific as possible (answer: What? When? Who? How? Where? With whom?)

02 Identify your feelings

What emotions does this trigger in you? You can use the emotions wheel to identify what you are feeling and then rate it's intensity on a scale of 0 to 10.

03 Identify the negative thoughts

What negative thoughts or fears are you experiencing?

04 Look for supportive evidence

How do you know that your negative thoughts are true or accurate? What assumptions are you making?

05 Consider the alternatives

What are some alternative ways to see this situation? What are some more positive and productive conclusions you could make? What advice would you give to a close friend?


06 Take a fresh look


Take a look at the alternative explanations and conclusions you can make. How intense does your negative emotion feel now (rate on a scale of 0 to 10, like you did in step 2)

Get started!



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