

Title:
Self Talk

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349

Summary:

Can negative or positive self talk really make a difference? Does saying "I always have this p

Keywords:

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Article Body:

Self talk is something we all do. We are always explaining things to ourselves, and making com

Are you using positive self-talk or negative self-talk? Below are some of the things that posi

Positive Self Talk

Positive people explain bad things by externalizing them ("The weather caused it."). They con

"I've done well with this."

"This has become a great business to be in."

"I like the way things are going."

"That just went bad due to the weather."

"It was rough for an hour or two."

"The car broke down, but the trip was fun."

Negative Self Talk

Negative people explain bad things by internalizing them ("It's me again."). They consider the

"It's ALWAYS a mess when I meet someone new."

"This party is great, not like mine."

"This is fun for now."

"Well, THAT went okay, I guess."

"I screwed up again."

"This good weather won't last."

If you start explain things to yourself differently, you'll see a difference in your attitude

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