

Negative Self Talk Tips

Boss those thoughts back!

TRY

"you are lying"

"that is not true!"

"stop lying to me!"

or anything that feels natural to you!

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Negative Self Talk Tips

Ask yourself,
"is this true?"

"what evidence do
I have that it's true?"

Often there is none!

Then you can feel confident
telling that thought to take a hike!

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