“The art of positive self-talk is simply paying attention to your inner dialogue and directing it toward positive, performance-based language.  Most people don’t take the time to sit back and witness their own thoughts, which is an essential step toward realizing that our thoughts are not who we are.  They don’t control us.  They’re just thoughts.  The only power they have is what we give them—what we feed them.  Once you create that mental distance between you and your thoughts, you can start to tame and manage them.” - **Mark Divine**

Language is powerful. Words can create images of success or failure, and significantly affect how we approach situations, overcome obstacles and challenges (Clough & Strycharczyk, 2015). This simple exercise helps you to Identify examples of negative self-talk you have been using and replace them with their positive equivalent. Use positive language to boost your superpowers!

When faced with difficult situations, replace the positive self-talk to change how you feel.

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| NEGATIVE SELF TALK | SUPERPOWERED SELF TALK REPLACEMENT |
| EG: I can’t do this | I can do this and learn from the experience. |
| EG: I am not in control of this situation and I don’t like it | I can’t control the situation, but I can control my reaction to it |
| He thinks I’m an idiot | I have no idea what he is thinking, he could think I am brilliant! |
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