



The Course to Change

Tackle the Self-Talk Checklist

Listen to your inner dialogue and ask yourself the following questions if you are finding yourself being overly negative or critical.

Is it the first time I am having this thought or is there a pattern? How frequent is this?

Am I overreacting? Is it really that big a deal & is it really important in the long run?

Am I overgeneralising? Is this based on facts or is it based on my opinion & experience?

Am I mind-reading & assuming this? Am I trying to guess this person's feelings, beliefs or reactions? What else could they mean?

Am I being too harsh on myself? What words am I using? Would I say these things to a loved one?

Is this 'all or nothing'? Am I viewing this as a black or white situation? What shade of grey is it in reality?

Is this true & is this accurate?

Am I being supportive of myself with this thought?