

Negative Self-Talk Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Negative self-talk is the internal dialogue that can impact how we feel about ourselves, our abilities, and our experiences. It can create feelings of self-doubt, anxiety, and depression, which can affect our mental health and well-being. The Negative Self-talk Worksheet is divided into three sections, each designed to guide you through identifying your negative self-talk, examining the evidence that supports it, and developing alternative, positive thoughts to counteract it. By completing the worksheet, you can better understand your negative self-talk patterns and develop strategies to overcome them.

SECTION I. ASSESSING NEGATIVE SELF-TALK

Answer the following questions to assess your negative self-talk:

Do you often criticize yourself?

☐ Yes ☐ No

Do you blame yourself for everything?

☐ Yes ☐ No

Do you frequently use negative labels?

☐ Yes ☐ No

Do you judge yourself harshly?

☐ Yes ☐ No

Do you believe your negative thoughts?

☐ Yes ☐ No

Do you compare yourself to others often?

☐ Yes ☐ No

Do you struggle to accept compliments?

☐ Yes ☐ No

Do you fear failure and avoid taking risks?

☐ Yes ☐ No

Do you have trouble forgiving yourself?

☐ Yes ☐ No

Do you believe you are not good enough?

☐ Yes ☐ No

SECTION II. NEGATIVE SELF-TALK WORKSHEET

In this section, you will provide examples of negative self-talk, evidence to support it, and alternative/positive thought.

Negative Self-Talk

Evidence to Support

Alternative/Positive Thought