



Coping Strategies for Negative Self-talk



notice

- What are you telling yourself? (*I can't do anything right; I'll never be as good as...*)
- What are you assuming about others? (*No one else feels like this; Everyone else is happier than me*)

challenge

- Is this true? is this true all the time?
- If true, how is this kind of thinking serving you?

shift your perspective

- You have choices in a situation – list them out
- Treat yourself with compassion – try a soothing mantra or talk yourself through it
- Find your circle – set boundaries or reach out to others for help

remember the 3 C's

1. **Choices**
2. **Compassion**
3. **Circle**

