

## Positive Thinking

Positive thinking helps with stress management and can even improve your health. Practice overcoming negative self-talk, understanding positive thinking and self-talk.

*Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.*



Positive thinking often starts with self-talk in the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking.

**I am!**  
**I can!**  
**I will!**

### SELF-TALK websites

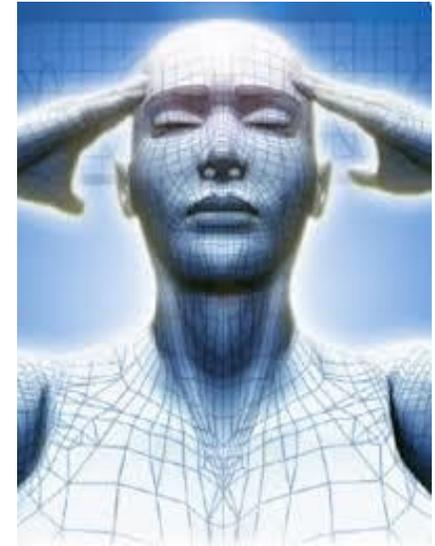
[www.pickthebrain.com/blog/7-steps-to-positive-self-talk/](http://www.pickthebrain.com/blog/7-steps-to-positive-self-talk/)

<http://www.selfgrowth.com/>

<http://stress.about.com/od/optimismspirituality/a/positiveselftak.htm>

[www.trans4mind.com/counterpoint/index-happiness-wellbeing/legg4.s](http://www.trans4mind.com/counterpoint/index-happiness-wellbeing/legg4.s)

### SELF-TALK



**Get what you want by 'Challenging' your Self-Talk!**

Self-Talk is the thoughts we all have about ourselves and our lives. They can have a positive or negative effect on our feelings, confidence and self-esteem.

# Challenging your Self-Talk

Learning to dispute negative thoughts might take time and practice, but is worth the effort. Once you start looking at it you'll probably be surprised by how much of your thinking is inaccurate, exaggerated, or focused on the negatives of the situation.

Whenever you find yourself feeling depressed, angry, anxious or upset, use this as your signal to STOP and become aware of your thoughts. Use your feelings as a cue to reflect on your thinking.

A good way to test the accuracy of your perceptions might be to ask yourself some challenging questions. These questions will help you to check out your self-talk to see whether your current view is reasonable. This will also help you discover other ways of thinking about your situation.



There are four main types of challenging questions to ask yourself:

- What is my evidence for and against my thinking?
- Are my thoughts factual, or are they just my interpretations?
- Am I jumping to negative conclusions?
- How can I find out if my thoughts are true?

#### LOOK FOR THE ALTERNATIVE

- Are there any other ways that I could look at this situation?
- What else could this mean?
- If I were being positive, how would I perceive this situation?

#### PUTTING IT INTO PERSPECTIVE

- Is this situation as bad as I am making out to be?
- What is the worst thing that could happen? How likely is it?
- What is the best thing that could happen?
- What is the most likely to happen?
- Is there anything good about this situation?
- Will this matter in five years' time?

When you feel anxious, depressed or stressed-out your self-talk is likely to become extreme, you'll be more likely to expect the worst and focus on the most negative aspects of your situation. So it's helpful to try and put things into their proper perspective.

**For More information on Challenging your Negative self-talk go to:**

**<http://psychcentral.com/lib/challenging-negative-self-talk/0003196>**

## S-O-S

Negative Self-Talk Stopping Technique

**S-top:** Mentally tell yourself "stop!" to give you the opportunity to address the thought and interrupt the cycle.

**O-observe:** Observe what you are saying to yourself and how it is making you feel.

**S-shift:** shift your cognitive, emotional, or behavioral response by using positive coping skills and techniques.

## Positive self-talk

If you repeat the same thing to yourself enough times you will start to believe it. Try repeating something positive to yourself such as 'I can do this' or 'I am smart' or 'I will get the grades' You could even try writing it down or saying it out loud.