

Negative Self Talk

EVALUATION

Check all that apply:

- ☐ I criticize my looks.
- ☐ I have negative thoughts about my best efforts.
- ☐ I talk myself out of trying new things.
- ☐ When I receive positive feedback, I say or think 'Yes, but...'
- ☐ I would never talk to other people the way I talk to myself.
- ☐ I label myself with derogatory names, such as loser, stupid, klutz, etc.
- ☐ When I have good thoughts, my critical inner-voice reminds me of past failures.
- ☐ When entering a room, I anticipate the worst.
- ☐ I find myself repeating the same negative thoughts automatically.
- ☐ I find fault with my accomplishments.

Scoring

Count the check marks.

- 0 – 3 Your self talk could be better.
- 4 & Above Let's discuss your responses.