# Stopping the Negative Self-Talk Spiral

Our self-talk influences how we feel and act. And when that self-talk is negative, we can sometimes feel like we're trapped in a spiral that just keeps getting worse. Fortunately, we can break out of the spiral. One of the best and most powerful ways to do this is by changing our negative and exaggerated self-talk into positive and truthful self-talk.

Fill out the two scenarios below, choosing the same starting event but using negative self-talk in Scenario 1 and positive self-talk in Scenario 2. For the starting event, you can use something that has happened to you or to a friend, or imagine a situation.

Self-Talk Scenario 1

Event 1:

Feeling 1:

Negative Self-Talk 1:

Action 1:

Event 2:

Feeling 2:

Negative Self-Talk 2:
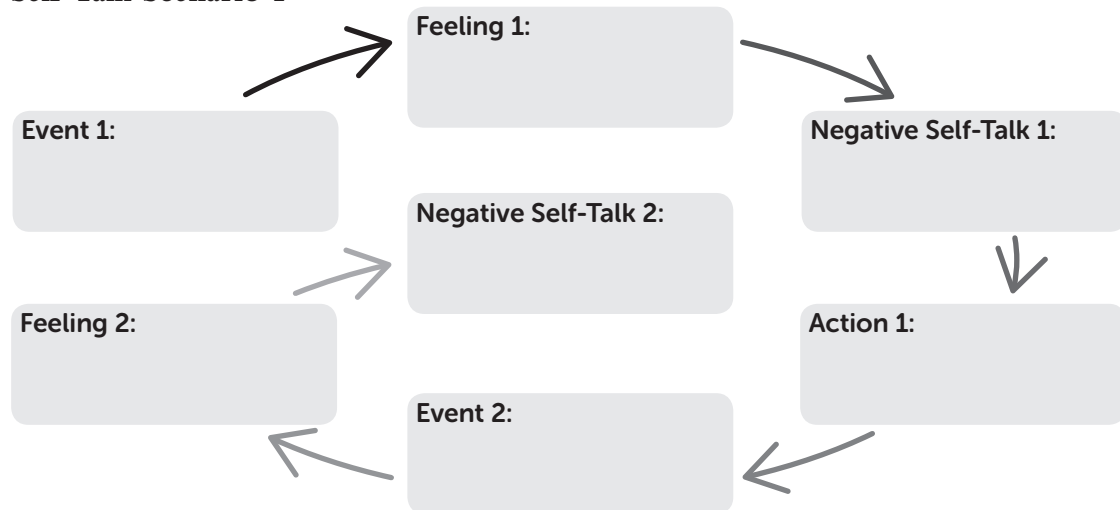
Self-Talk Scenario 2

Event 1:

Feeling 1:

Positive Self-Talk 1:

Action 1:

Event 2:

Feeling 2:

Positive Self-Talk 2:

Take a look at the two scenarios. How did changing your self-talk affect what happened? Which outcome was better? What, if anything, surprised you about how the events played out?

If you struggle to turn your negative self-talk into positive, you can try strategies such as taking a closer look at the feelings behind your self-talk or talking to an adult you trust about the challenge you're facing.