



NHS Fife Department of Psychology

Positive Self Talk

CBT Tools

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Positive Self Talk

Positive self talk is a strategy that we can use to help us get through anxiety provoking situations. It helps us to break stress up and involves focusing on positive rather than negative statements. There are three key stages: preparation, coping and review.

Preparation

As we are about to enter a situation or face something we find daunting we can help ourselves to prepare with positive statements such as:

“It’s not going to be as bad as I think.”

“It won’t last long and I can cope.”

“I am getting better and need to re-build my confidence.”

“If I do get bad feelings, I know they won’t last long and I can cope with them.”

“It’s better to go than not to go. Worry doesn’t help.”

“I might enjoy it if I go.”

Coping

In order to help us cope and stay in the situation we can use positive statements such as:

“Concentrate on what is going on....not how I feel.”

“This is just anxiety; it is an unpleasant feeling but I’ve never been ill.”

“Concentrate on what I have to do.”

“I know I am going to be ok.”

“The feelings always pass.”

“Relax and think positively.”

“One step at a time.”

“Anxious feelings are unpleasant but not harmful or dangerous.”

Review

Comments to help you review your achievement and give yourself praise:

“I coped with that.”

“I achieved that; I am getting better.”

“I handled that; it should be easier next time.”

“I can be pleased with the progress I’m making.”

“I did that well.”

“If I keep this up I’m going to get really good at this.”

Even when things don’t go according to plan, you should still take time to review the situation and praise yourself for what you have achieved. Each small step is progress, so try to focus on the positives rather than the negatives.



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Reviewed 2013