7 Styles of Negative Self-Talk

The way you arrange your mental furniture affects your emotional, physical, and behavioural responses to life. To amplify your well-being avoid these negative styles and change the discussions you have with yourself.

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1. CATASTROPHISING

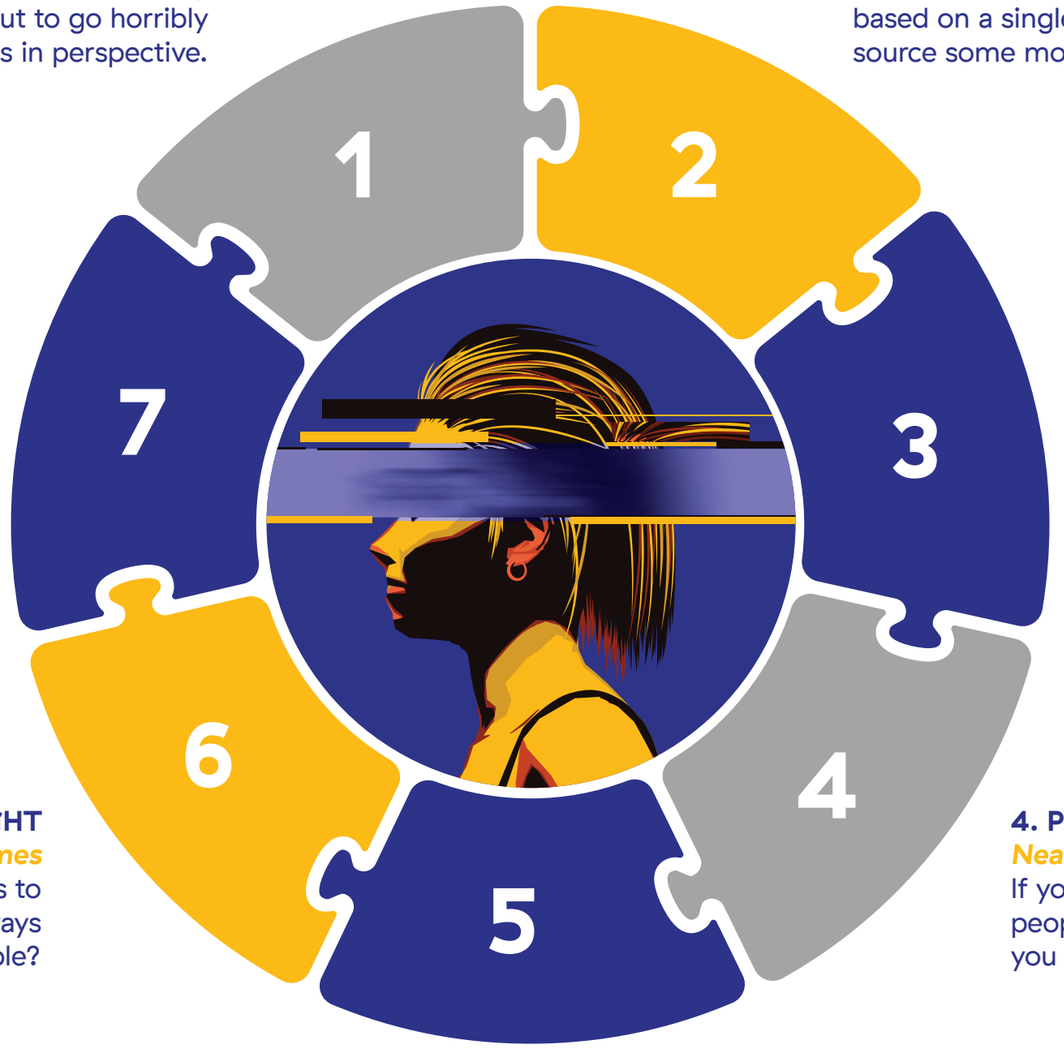
A worst-case scenario is not inevitable

Are you viewing your past experiences as worse than they are or are you convinced everything is about to go horribly wrong? Take a moment to put things in perspective.

2. OVERGENERALISING

Don't take headlines or rumours as gospel

It can be easy to draw a conclusion or craft a statement based on a single event or piece of information. Try to source some more details before you make a judgement.



3. BLAMING

Sometimes it is your fault (and that's ok)

Assigning blame to someone else means you don't need to feel bad about your own actions. It's ok to step up and be accountable for what has happened.

4. PERFECTIONISM

Near enough can be good enough

If you set impossible standards for yourself and the people around you, you'll never feel fully satisfied and you will exhaust yourself by continually working harder.

5. POLARISED THINKING

There is always another side to the story

Not everything is black or white, right or wrong, good or bad. Accept that there is a middle ground and another way of looking at the situation.

6. BEING RIGHT

We are all wrong sometimes

Is it really worth going to any lengths to demonstrate your opinions and actions are always right, even if it means upsetting people?

7. THE FALLACY OF FAIRNESS

Life wasn't meant to be fair

A sense of entitlement and the conviction that things should go your way all the time sets you up for feelings of frustration and resentment.