

Negative Self-talk Worksheet

Name:

Date:

Negative self-talk is the internal dialogue that can impact how we feel about ourselves, our abilities, and our experiences. It can create feelings of self-doubt, anxiety, and depression, which can affect our mental health and well-being.

The Negative Self-talk Worksheet is divided into three sections, each designed to guide you through identifying your negative self-talk, examining the evidence that supports it, and developing alternative, positive thoughts to counteract it.

By completing the worksheet, you can better understand your negative self-talk patterns and develop strategies to overcome them.

Section I. Assessing Negative Self-Talk

Answer the following questions to assess your negative self-talk:

Questions	Yes	No
Do you often criticize yourself?	☐	☐
Do you blame yourself for everything?	☐	☐
Do you frequently use negative labels?	☐	☐
Do you judge yourself harshly?	☐	☐
Do you believe your negative thoughts?	☐	☐
Do you compare yourself to others often?	☐	☐
Do you struggle to accept compliments?	☐	☐
Do you fear failure and avoid taking risks?	☐	☐
Do you have trouble forgiving yourself?	☐	☐
Do you believe you are not good enough?	☐	☐

Section II. Negative Self-talk Worksheet

In this section, you will provide examples of negative self-talk, evidence to support it, and alternative/positive thought.

Negative Self-Talk	Evidence to Support	Alternative/Positive Thought