

Helpful self-talk

HEAR • TEST • SUPPORT



Build phrases that are kind, believable and useful in the moment

Helpful self-talk is not pretending everything is fine. Choose words that acknowledge reality and help you take the next caring action.

WHEN I NOTICE

Situation, emotion, body signal or familiar critical phrase.

THE PHRASE I HEAR

Write the exact message your mind is giving you.

WHAT IS FAIR AND TRUE

What context, evidence or perspective is missing?

A BELIEVABLE SUPPORTIVE PHRASE

Write something you can genuinely take in, even if only partly.

WHAT THIS PHRASE HELPS ME DO

A next step, boundary, pause, repair, connection or act of care.
