

Realistic Self - Talk

- This too shall pass
- I am a worthy and good person
- I am doing the best I can, given my history and levels of current awareness
- I am, like everyone else, a fallible person and will make mistakes and learn from them
- What is, is. Or it is what it is
- Look at how much I have accomplished and I am still progressing
- There are no failures, only different degrees of success
- Be honest and true to myself
- It is okay to let myself be distressed for awhile
- I am not helpless. I can and will take the steps needed to get through this crisis
- I will remain engaged and involved instead of isolating and withdrawing during this situation
- This is an opportunity instead of a threat. I will use this experience to learn something new, to change my direction or to try a new approach
- One step at a time
- I can stay calm when talking to difficult people
- I know I will be okay no matter what happens
- He/she is responsible for his/her reaction to me
- This difficult/painful situation will soon be over
- I can stand anything for a while
- In the long run, who will remember or care
- Is this really important enough to become upset about
- I don't really need to prove myself in this situation
- Other people's opinions are just their opinions
- Others are not perfect and I won't put pressure on myself by expecting them to be
- I cannot control the behaviours of others; I can only control my own behaviour
- I am not responsible for making other people feel okay
- I will enjoy myself even when life is hard
- I will enjoy myself while catching up on all I want to accomplish
- Don't sweat the small stuff - it's all small stuff
- My past does not control my future
- I choose to be a happy person
- I am respectful to others and deserve to be respected in return
- There is less stress in choosing to be optimistic and choosing to be in control of myself
- I am willing to do whatever is necessary to make tomorrow better