

😊 REALISTIC SELF-TALK 😊

Be honest and true to myself.

Don't sweat the small stuff - it's all small stuff.

He/She is responsible for their reaction to me.

I am a worthy and good person.

I am doing the best I can, given my history and level of awareness

Like everyone else, I am a fallible person and at times will make mistakes and learn from them.

I am not helpless, I can and will take the steps needed to get through this crisis.

I am not responsible to make other people okay.

I am respectful to others and deserve to be respected in return.

I can stand anything for a while.

I can stay calm when talking to difficult people.

I cannot control the behaviour of others, I can only control my own behaviours.

I choose to be a happy person.

I don't really need to prove myself in this situation.

I feel better when I don't make assumptions about the thoughts or behaviours of others.

I know I will be okay no matter what happens.

I will enjoy myself even when life is hard.

I will enjoy myself while catching up on all I want to accomplish.

I will remain engaged and involved instead of isolating and withdrawing during this situation.

I will respond appropriately, and not be reactive.

In the long run, who will remember or care?

Is this really important enough to become upset about?

It is okay to let myself be distressed for a while.

Look at how much I have accomplished, and I am still progressing.

My past does not control my future.

One step at a time

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.

There are no failures, only degrees of success.

There is less stress in being optimistic and choosing to be in control.

This difficult / painful situation will soon be over.

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.

This too shall pass and my life will be better.

What is, is.

I am willing to do whatever is necessary to make tomorrow better.

TO KNOW
AND
NOT TO DO
IS
NOT TO
KNOW

Equilibrium Health

21 Labrador Street Labrador QLD 4215 ph: 07 5528 2255 fax: 07 5528 2250
admin@equilibriumhealthgc.com.au