



ANGEL'S FRIENDLY COACHING

HOW TO LET GO OF NEGATIVE Self-Talk

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Keeping you in a positive mindset!



Do you wake up already punishing yourself for not getting up earlier? Are you constantly telling yourself that you aren't good enough? Does constant negative self-talk beat you up throughout your day?

A surprising 80% of our thoughts are negative and another surprising 95% of our thoughts are repetitive.

What does this mean? It means we are all prone to the negative, especially when it comes to ourselves. It also means that we likely often repeat these thoughts each and every day - solidifying that we just don't think we are good enough.

While many people blame their external world for their problems, this often isn't the case. A lot of it comes down to perspective and our interpretation of our reality.

And if any of this sounds familiar, I've got news for you: You are good enough. You just have to start believing it. Reading this article is a great start.

WHAT IS SELF-TALK?

Self-talk is our inner voice or internal monologue. You know the one - it pipes up when you are thinking or debating something. It stages fake arguments and conversations in your mind. It helps you process the events of the day and problem-solve.

But it also can quickly become your worst enemy.

Imagine that inner voice as a devil and angel on either side of your shoulders (yes, we've all got one of each!). The devil tends to be a little louder than the angel. It tells you that you look awful in that new jacket or that you really shouldn't have said that to your boss.

Imagine the trope of an angel and a devil on your shoulders. While the angel often speaks of the goodness and truth of the situation, the devil can quickly drown out anything the angel may have to say. It's easier to give in to the negative, especially when we are comparing ourselves to what others have.

When we slip at self-love or are unable to show up for ourselves, it can often feel like a failure. Yet, practice makes perfect! Positive self-talk takes time and conscious effort to maintain, just like any other skill.

Related Article: [How to Stop Comparing Yourself to Others](#)

IS SELF-TALK HEALTHY?

By now, you might be viewing self-talk as an inconvenient part of life, however, this is so far from the truth. There are pros and cons to it and most of the time, you just have to know how to use it.

POSITIVE SELF-TALK CAN:

- Improve life satisfaction.
- Enhance your immune function.
- Decrease physical and mental pain.
- Improve your cardiovascular function.
- Promote overall physical wellness.
- Reduce stress.

NEGATIVE SELF-TALK CAN:

- Decrease your motivation.
- Decrease your confidence.
- Increase stress.
- Increase mental and physical pain.
- Suppress immune function.

Like most things, there are two sides to every story: Positive self-talk is extremely beneficial, meanwhile, negative self-talk can drastically impact your quality of life, health, and happiness. The negative side can cause issues within and also in your surrounding relationships.

Surprisingly, our effect on the world around you all comes down to which one you decide to participate in. In other words, switching from negative self-talk to positive self-talk is well within your control.

Grab hold of that steering wheel! Your life is 100% what you make it.

NEGATIVE SELF-TALK DEFINED

Before we dive headfirst into how you can quit your negative head space and jump on over to a more positive one, let's look at negative self-talk a little bit closer. When you understand it more, you may be able to counteract it with more ease.

Negative self-talk reduces the number of possibilities we can perceive, kills our creativity, and lowers our vibration. All of which will attract negative people and experiences into our lives.

Examples of negative self-talk include:

"I'm not pretty/smart/intelligent/funny enough."

"I'm so stupid/dumb/unintelligent, I couldn't even get that right."

"I can't do that."

"I'm not worth it."

"People don't like me."

"My opinion isn't relevant and doesn't matter."

Basically, negative self-talk is any internal dialogue that limits you and stops you from achieving your full potential. When it comes down to it, you simply might not think you're good enough, but how you talk to yourself forms those beliefs.

If you engage in negative self-talk, you're going to have a hard go of it. You'll find you repel people or attract insecure people which will lead to unhealthy relationships. Even if you've had bad relationships in the past, you can shift this starting right now.

LET'S MAKE A CHANGE!

You have so much to gain when you let go of the negative and focus on the more positive side of yourself. You'll stop creating a hierarchy of people in your mind and you'll understand you deserve to be treated right. You can speak your mind, stop obsessing, and start loving life.

And yup, positive self-talk might feel super unnatural at first. Yet, it allows us to align ourselves with similar high-vibration people who bring positivity and joy into our life. It involves an 'I am worthy' and an 'I can' approach to life.

When you make it a point to change your neural patterns and the ways you think subconsciously, you'll find life opens up for you. You'll have more opportunities. You'll find freedom where you love yourself and your life. You'll find you stop caring what people think and they will start to enjoy your company much more.

Imagine not worrying about what you're wearing, how your hair looks, or what type of impression you're making! The freedom of letting go of negative self-talk has an infinite number of benefits.

TECHNIQUES FOR LETTING GO OF NEGATIVE THOUGHT

So, how can you finally quit the negative self-talk train?

1. RECOGNIZE YOUR CRITIC

In order to change your negative self-talk, you have to catch yourself. This is step one in changing things up and stepping into a more positive light.

For instance, don't say anything to yourself that you wouldn't say to your best friend or close family member. Would you tell them that they look huge in that shirt? No! So, don't do that to yourself.

Test this: Next time you feel yourself going down the negative rabbit hole, take a moment to breathe and evaluate your surroundings, then look at it from another perspective. To address your inner critic, consider, would you say these things to a close friend? If not, it isn't something you should be saying to yourself either.

2. REMIND YOURSELF THAT NOT ALL THOUGHTS ARE REALITY

Things aren't always as they appear, especially when we become caught up in our thoughts and feelings.

Once you recognize your critic, take steps to recognize those feelings. When you feel that negative self-talk creeping up on you, address it, and work on strategies to overcome. The answer isn't simply "that's not real," because we do not want to invalidate our feelings. Instead, let's acknowledge how we feel and search for the root of it or even strategies to turn the feeling around.

Find something that grounds you in reality and focus on breaking the bad feeling/association to building something new.

3. CHALLENGE YOUR CRITIC

Once you've recognized it, addressed it, rerouted it, now it's time to challenge it. The work we put into ourselves should continue even when we aren't in a low spot. Explore why you feel this way, take notes to bring up to a friend or book a session with me. I can help you when you are ready to help yourself.

Challenge these thoughts by considering: Is it true? How? Why? Is there an alternative perspective that this critic isn't seeing?

This is a great technique to make negativity disappear and help you jump back into reality – and out of your head. There is always a positive side to life (sometimes, it's just a little harder to find).

FOCUSING ON POSITIVE THINKING

It's time to lean into the positive and start embracing it. By doing so, you can finally begin getting what you want out of life, but how can you become more positive?

First up, challenge yourself to find two positive things about yourself each and every morning. Keep a journal and write them down. When you feel negative, look at your list of positives.

Your brain takes about an average of 21 days to form a new habit so make reminders to yourself however you want by putting little notes around you'll see or have reminders pop up on your phone. Get art that inspires you to be self-loving, have conversations with your close friends practice gratitude daily. On top of finding positives about yourself, practice appreciation for the life you have.

Your self-love is now a priority and a major part of your life. Yell it from the mountain tops! Carve it into your consciousness and make it the pillar of your well-being and self-love practice.

CHALLENGE..

For 21 days.. Write something positive about yourself on social media.. Tag Angel's Friendly Coaching.

Join The Positive Vibe Tribe.. We are on Facebook

POSITIVE TIPS FOR YOU

- **START THE DAY WITH A POSITIVE AFFIRMATION.**

How you start the morning sets the tone for the rest of the day. Have you ever woken up late, panicked, and then felt like nothing good happened the rest of the day? This is likely because you started out the day with a negative emotion and a pessimistic view that carried into every other event you experienced. Instead of letting this dominate you, start your day with positive affirmations. Talk to yourself in the mirror, even if you feel silly, with statements like, "Today will be a good day" or "I'm going to be awesome today." You'll be amazed how much your day improves.

- **FOCUS ON THE GOOD THINGS, HOWEVER SMALL.**

Almost invariably, you're going to encounter obstacles throughout the day—there's no such thing as a perfect day. When you encounter such a challenge, focus on the benefits, no matter how slight or unimportant they seem. For example, if you get stuck in traffic, think about how you now have time to listen to the rest of your favorite podcast. If the store is out of the food you want to prepare, think about the thrill of trying something new.

- **FIND HUMOR IN BAD SITUATIONS.**

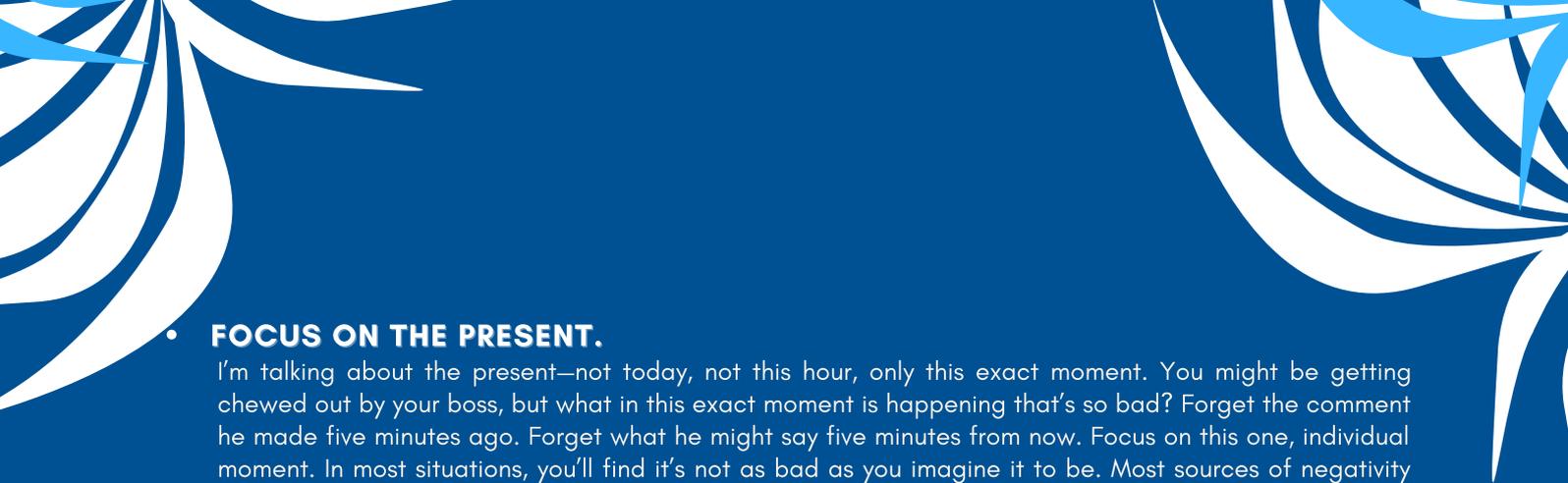
Allow yourself to experience humor in even the darkest or most trying situations. Remind yourself that this situation will probably make for a good story later and try to crack a joke about it. Say you're laid off; imagine the most absurd way you could spend your last day, or the most ridiculous job you could pursue next—like kangaroo handler or bubblegum sculptor.

- **TURN FAILURES INTO LESSONS.**

You aren't perfect. You're going to make mistakes and experience failure in multiple contexts, at multiple jobs and with multiple people. Instead of focusing on how you failed, think about what you're going to do next time—turn your failure into a lesson. Conceptualize this in concrete rules. For example, you could come up with three new rules for managing projects as a result.

- **TRANSFORM NEGATIVE SELF-TALK INTO POSITIVE SELF-TALK.**

Negative self-talk can creep up easily and is often hard to notice. You might think I'm so bad at this or I shouldn't have tried that. But these thoughts turn into internalized feelings and might cement your conceptions of yourself. When you catch yourself doing this, stop and replace those negative messages with positive ones. For example, I'm so bad at this becomes Once I get more practice, I'll be way better at this. I shouldn't have tried becomes That didn't work out as planned—maybe next time.



- **FOCUS ON THE PRESENT.**

I'm talking about the present—not today, not this hour, only this exact moment. You might be getting chewed out by your boss, but what in this exact moment is happening that's so bad? Forget the comment he made five minutes ago. Forget what he might say five minutes from now. Focus on this one, individual moment. In most situations, you'll find it's not as bad as you imagine it to be. Most sources of negativity stem from a memory of a recent event or the exaggerated imagination of a potential future event. Stay in the present moment.

Practicing gratitude has been shown to reduce stress, improve self-esteem, and foster resilience even in very difficult times. Think of people, moments, or things that bring you some kind of comfort or happiness and try to express your gratitude at least once a day. This can be thanking a co-worker for helping with a project, a loved one for washing the dishes, or your dog for the unconditional love they give you.

Write down 5 things you are grateful for right now

1.

2.

3.

4.

5.

YOU DETERMINE YOUR REALITY

It's important to realize that you determine your reality by the way you react to the outside world. When something happens, you get to choose whether it's a positive or negative experience and react accordingly. Losing your job might be a disaster or it might be the opportunity for bigger and brighter things... you choose what it will mean to you.

Who you choose to spend your time with and the input you get from further away like the TV, the internet and magazines will have a huge effect on your outlook.

To be able to stay positive it is essential to have influences in your life that support you and lift you up instead of dragging you down.

So carefully consider what you let into your mind.

YOU CAN ASK YOURSELF FOR EXAMPLE:

- Who are the 3 most negative people I spend time with?
- What are the 3 of most negative sources of information I spend time on?
- Consider the answers. Then think about how you can start spending less time with one of those people or information sources this week.
- Watch your thoughts, they become words.
- Watch your words, they become actions.
- Watch your actions, they become habits.
- Watch your habits, they become your character.
- Watch your character, it becomes your destiny.

BELIEVE YOU WILL SUCCEED

In order to feel more positive, you will need to start believing in yourself.

When you believe in yourself, you are showing great self-worth and care. Try not to get scared by the fear of failing or not reaching your goals and know that even if you do make a mistake, you can try again.

Believe that you will achieve your goals and you are one step closer to doing so. Remember that any mistake made is just a lesson to learn from.

MAKE PEACE WITH THE PAST

The worst thing to do is dwell on the past, especially when you are trying to stay optimistic and positive. Do you often find yourself thinking about something bad that happened in the past or moments where you felt embarrassed or angry?

When we do this our emotions still change even though we are no longer in the situation itself.

Try and let go of the past and focus on the present. You cannot change anything that has happened or anything that could happen, so it can really help you to try and focus on living in the now and being present.

BREATHE

Breathing may seem like a very simple and little thing to do, but you may be surprised at how it can help you to stay positive. When we are worried and stressed we often make decisions quite quickly without thinking.

If you can stop and take some long deep breaths, you can then focus on your breathing for a little while, whilst clearing your head. This can help you to think rationally and become more positive even if you are in a stressful situation. This can also bring you back to stay in the present moment, which is great for helping you to switch your mindset.

POSITIVE THINKING EXERCISES

- **ONLY USE POSITIVE WORDS WHEN TALKING**

When you speak with others, only use positive words. Omit negative words, such as "don't", "can't", "not", "won't", and "no."

- **FILL YOUR MIND WITH POSITIVE THOUGHTS**

Constantly look for things to be positive about. Find things you like about yourself, other people, and your life. The more you focus on the positive, the easier it will be to think positive thoughts.

- **CELEBRATE**

Share your successes with others. Celebrate everything that happens in your life. No matter how big or small it is, celebrate it...even if it's just getting out of bed.

- **SMILE**

There are days when smiling is the farthest thought from your mind, but just the simple act of smiling puts you into a more positive mind. Smile whenever you see yourself in the mirror. Smile when you see others. Smile for no reason at all.

- **MAKE PEACE WITH THE PAST**

Do you think about moments in your past where you felt embarrassed, scared, or angry? Do you relive events wishing you could have done things differently? Your emotions are connected to your thoughts. If you change your thoughts, your emotions will change. Let go of the past. Realize that what happened happened and you can't do anything to change it. But you can take change your present and your future because that's where your power lies.

- **GRATITUDE**

Be grateful for your life. Keep an eye out for things to be grateful for – a sunset, a smile from a stranger, a good commute... Before long, those little things will become bigger – a promotion at work, money you needed to pay bills, meeting your soulmate... Keep a gratitude journal where everyday you list all the things you have to be grateful for. When you're feeling down, read the journal to fill your mind with positive thoughts.

- **MIRROR TECHNIQUE**

Whenever you see yourself in a mirror, tell yourself something you like about yourself. If you're having a hard day, look in the mirror and tell yourself everything you are doing right. "You are fabulous. Your presentation went so well today and tomorrow you will get the great feedback you deserve."

Email Angelique if you have any questions. **YOU GOT THIS!**
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