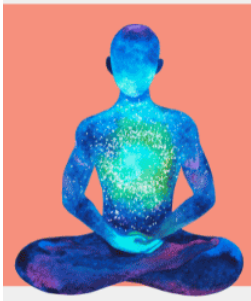
5 WAYS TO REDUCE: NEGATIVE SELF-TALK



Mindfulness

Mindfulness involves consciously acknowledging that negative thoughts are natural and a product of the brain's evolutionary programming, helping you respond to them rationally.

Catch Your Critic

Personify your inner critic as a separate entity, enabling you to intercept and prevent it from spiraling into catastrophic negativity.

Counter With Logic

Challenge negative thoughts with logic, recognizing that they are the brain's way of protecting you and responding with rational, positive self-talk.

Use Autosuggestion

Employ the concept of autosuggestion to reprogram your subconscious beliefs through conscious repetition of positive self-talk based on evidence and believability.

Use Positive Self-Talk

Implement positive affirmations that are believable and evidence-based, repeating them regularly to align your subconscious beliefs with your conscious thoughts.