

Realistic Self-Talk

1. This too shall pass and my life will be better.
2. I am a worthy and good person.
3. I am doing the best I can given my history and level of current awareness.
4. Like everyone else, I am a fallible person and at times will make mistakes and learn from them.
5. What is, is.
6. Look at how much I have accomplished and I am still progressing.
7. There are no failures, only different degrees of success.
8. Be honest and true to myself.
9. It is okay to let myself be distressed for awhile.
10. I am not helpless. I can and will take the steps needed to get through this crisis.
11. I will remain engaged and involved instead of isolating and withdrawing during this situation.
12. 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.
13. One step at a time.
14. I can stay calm when talking to difficult people.
15. I know I will be okay no matter what happens.
16. The person is responsible for their reaction to me.
17. This difficult/painful situation will soon be over.

18. I can stand anything for a while.
19. In the long run who will remember, or care?
20. Is this really important enough to become upset over?
21. I don't really need to prove myself in this situation.
22. Other people's opinions are just their opinions.
23. Others are not perfect and I won't put pressure on myself by expecting them to be.
24. I cannot control the behaviours of others, I can only control my own behaviours.
25. I am not responsible to make other people okay.
26. I will respond appropriately, and not be reactive.
27. I feel better when I don't make assumptions about the thoughts or behaviours of others.
28. I will enjoy myself, even when life is hard.
29. I will enjoy myself while catching up on all I want to accomplish.
30. Don't sweat the small stuff – it's all small stuff.
31. My past does not control my future.
32. I choose to be a happy person.
33. I am respectful to others and deserve to be respected in return.
34. There is less stress in being optimistic and choosing to be in control.
35. I am willing to do whatever is necessary to make tomorrow better.

Reference: L. Johnson (1997). *The Therapist's Guide to Clinical Intervention: The 1-2-3's of Treatment Planning*. Toronto: Academic Press.