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a) Talk to yourself from a psychological distance: use your first name... and instead of speaking from a first person perspective, address yourself as 'you.'. b) Instead of using negative and critical

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phrasings, use positive and constructive phrasings that avoid the word 'not' and or other forms of negation.

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and supportive  
or negative and  
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beneficial when  
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(thoughts)  
builds a picture  
of ourselves in

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our minds (self-esteem or self image). 2. Our self-esteem

causes us to live out this image

automatically (performance).

3. Our performance causes us to confirm our self talk. 4. Repeat

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indefinitely...

To explain this,  
let's look at an  
example.

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positive self-talk can be a great way to

help encourage young people to incorporate them more into their everyday life. A mood board is a great visual representation to remind young people of the

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monologue on  
their lives  
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day. This inner  
voice, or self-  
talk, combining  
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