

## Realistic Self-Talk

1. I am a worthy and good person.
2. I am doing the best I can, given my history and level of current awareness.
3. Like others, I am a fallible person & at times will make mistakes & learn from them.
4. What is, is.
5. Look at how much I have accomplished, & I am still progressing.
6. There are no failures only different degrees of success.
7. Be honest & true to myself.
8. It is ok to let myself be distressed for a while.
9. I am not helpless. I can & will take the steps needed to get through this crisis.
10. I will remain engaged & involved instead of isolating & withdrawing in this situation.
11. 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.
12. One step at a time.
13. I can stay calm when talking to difficult people.
14. I know I will be ok no matter what happens.
15. He/she is responsible for their reaction to me.
16. This difficult/painful situation will soon be over.
17. I can stand anything for a while.
18. In the long run, who will remember or care?
19. Is this really important enough to become upset about?
20. I don't really need to prove myself in this situation.
21. Other people's opinions are just their opinions.
22. Others are not perfect; I will not put pressure on myself by expecting them to be.
23. I cannot control the behaviors of others, I can only control my own.
24. I am not responsible for making other people ok.
25. I will respond appropriately, and not be reactive.
26. I feel better when I don't make assumptions about others' thoughts and behaviors.
27. I will enjoy myself even when life is hard.
28. I will enjoy myself while catching up on all that I want to accomplish.
29. Don't sweat the small stuff – it's all small stuff.
30. My past does not control my future.
31. I choose to be a happy person.
32. I am respectful to others and deserve to be respected in return.
33. There is less stress in being optimistic and choosing to be in control.
34. I am willing to do whatever is necessary to make tomorrow better.