

# Negative Self Talk

## EVALUATION

### Check all that apply:

- I criticize my looks.
- I have negative thoughts about my best efforts.
- I talk myself out of trying new things.
- When I receive positive feedback, I say or think 'Yes, but. . .'
- I would never talk to other people the way I talk to myself.
- I label myself with derogatory names, such as loser, stupid, klutz, etc.
- When I have good thoughts, my critical inner-voice reminds me of past failures.
- When entering a room, I anticipate the worst.
- I find myself repeating the same negative thoughts automatically.
- I find fault with my accomplishments.

### Scoring

Count the check marks.

0 – 3            Your self talk could be better.

4 & Above     Let's discuss your responses.