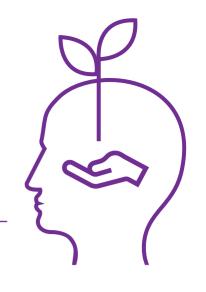
Self-talk for Self-esteem



How you think affects how you feel. So if you want to improve your self-esteem, you have to improve your thoughts. Pay attention to your self-talk and choose new, believable messages that will help you feel better about yourself. Over time, you can pick thoughts that are even more positive.

Instead of:	Think:
"I can't do this."	"I can't do this YET. But I'm getting there."
"I'm a failure."	2 "Failing is an important part of succeeding."
"No one likes me."	"It's impossible for everyone to like me."
"My body is ugly."	"This is a human body. Other people have bodies like this."
"This will never work."	"I can figure it out, even if I have to ask for help."
"I should just quit."	"I can do hard things. I've done hard things in the past."
"I don't know what to do."	"I'm learning something new."