

Realignment



Inner Dialogue

Is what you're thinking building you up or tearing you down? Your self-talk can either support or sabotage you. Negative self-talk can distort your thinking. Thoughts affect the way we feel, and thoughts and feelings affect our reactions and behaviors. Although the thoughts may feel true, it doesn't necessarily mean that's how things are.

Without the resources to combat these thoughts, we might feel hopeless, helpless, and overwhelmed. Positive self-talk encourages you and promotes healthy coping habits. Use the activities below to help you realign and refocus when you are experiencing negative or unhelpful thoughts.

Taking Inventory

It's easy to stay focused on what's negative, but taking stock of what's positive can help improve your perspective and lead to self-compassionate alternatives to unhelpful thoughts and feelings. Take note of pleasurable activities, memories, people, and things that bring you joy. *ex: the smell of fresh flowers, the taste of your favorite food, a cousin you hold dear, a show you love to watch or a song you love to hear, a day/time/event that made you feel special.* They're personal and special to you so no answer is too grand or too small.

As you grow and discover more in the world and about yourself, your list will continue to expand, regardless of your age. Whether it's on this worksheet, on your phone, or in a journal, keep track of what brings you peace and positive feelings, and try to remember them when you need a change in mindset.

5 SENSES

PEOPLE

ACTIVITIES

MEMORIES

