



DO YOU TALK TO YOURSELF?

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Last month we learnt the importance of positive thinking. Now you are going to talk to yourself. Talking to oneself?

SELF TALK: Self talk is a technique used in Psychotherapy to boost confidence and self-esteem.

Self-talk is your internal dialogue. It's influenced by your subconscious mind, and reveals your thoughts, beliefs, questions, and ideas.

Self-talk can be both negative and positive.

Self-talk is something you do naturally throughout your waking hours.

POSITIVE SELF-TALK

Positive self-talk is a powerful tool for increasing your self-confidence and curbing negative emotions. People who can master **positive self-talk** are more confident, motivated, and productive.

Some examples of positive self-talk:

- ★ I am a gift of God.
- ★ I am a blessing.
- ★ I'm good enough.
- ★ If I want to, I can.
- ★ It doesn't matter if I make a mistake.

Positive self-talk makes you feel good about yourself and all that is going on in your life. It's like having an optimistic voice in your head that always looks on the bright side.

Negative self-talk tends to make you pretty miserable, lowers your self-esteem and thereby shatters your self-confidence.

AN ACTIVITY

This month you have a small activity to do. The Bible verse given below is an example of positive self-talk from St. Paul.

Learn this verse and remember it whenever you are in doubt or lack confidence.

I Can Do All Things through Christ Who Strengthens Me

(Philippians 4:13).

Find out FIVE positive self-talk verses from the Bible and practice them.

May our Lord Jesus, Mother Mary & St. Joseph bless each of you •