

## Self-talk

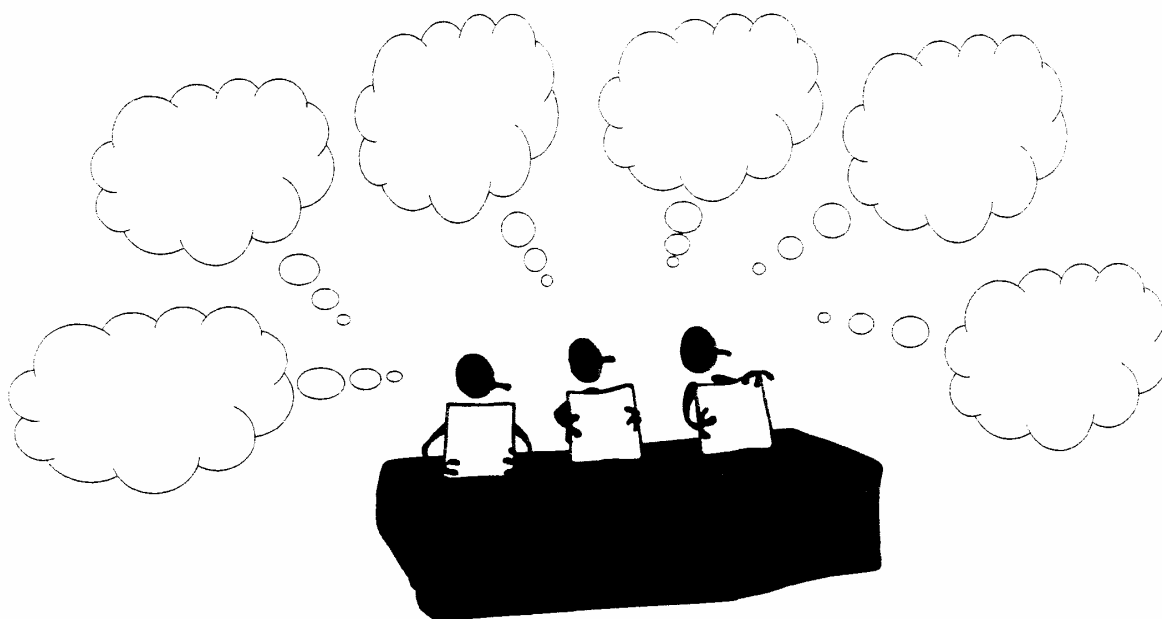
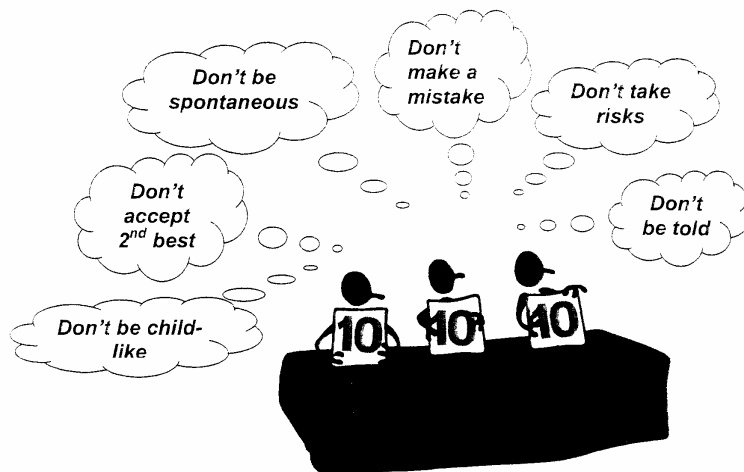
There are five common 'drivers' or rules that we make for ourselves, which cause us to be anxious and stressed. These will often come out in our 'self-talk'.

See which ones you identify with and what alternative self-talk you could use instead.

### 1. Be perfect!

***I value...***

Being responsible for myself  
Being in control  
Achieving  
Being successful  
Being right  
Directing others



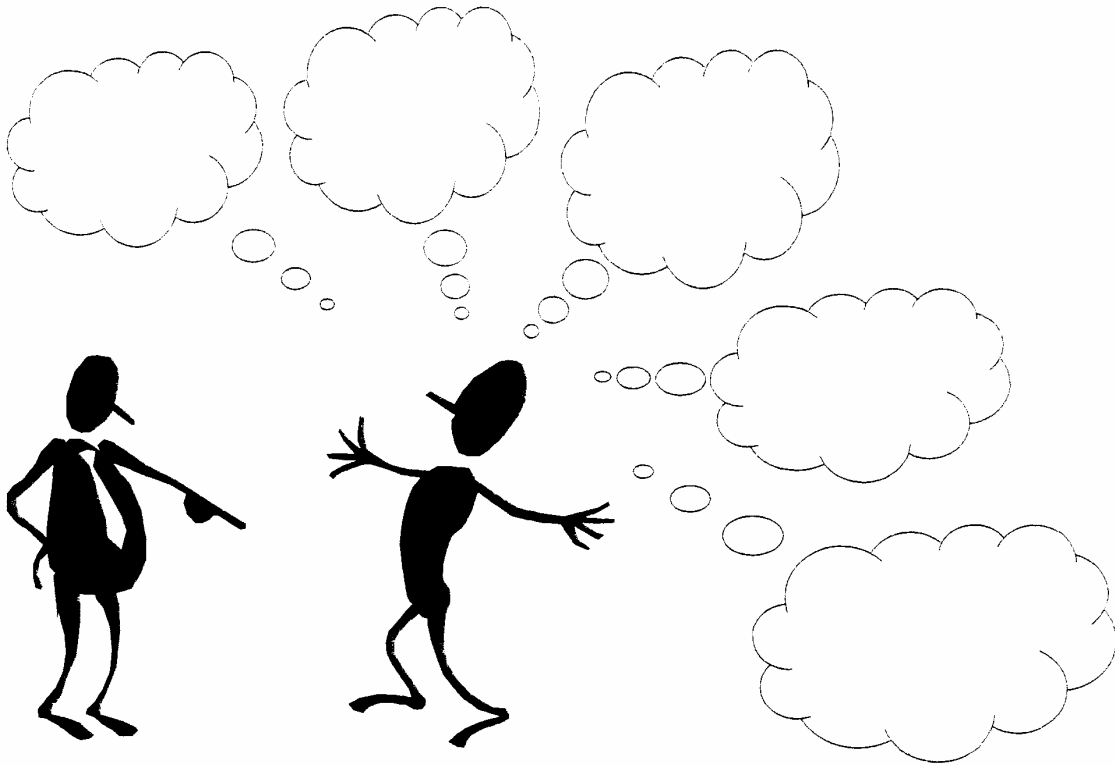
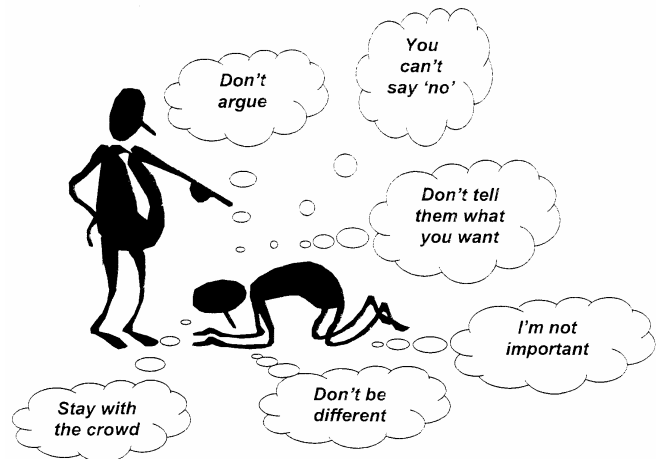
***Instead, try to develop self-talk that says...***

Be more tolerant  
Playing is fun  
Spontaneity is OK  
Risk can be creative  
Uncertainty brings surprise

## 2. Please always!

***I value...***

Being considerate  
Being kind  
Avoiding conflict  
Being compliant and giving in  
Putting myself last  
Being of service to others



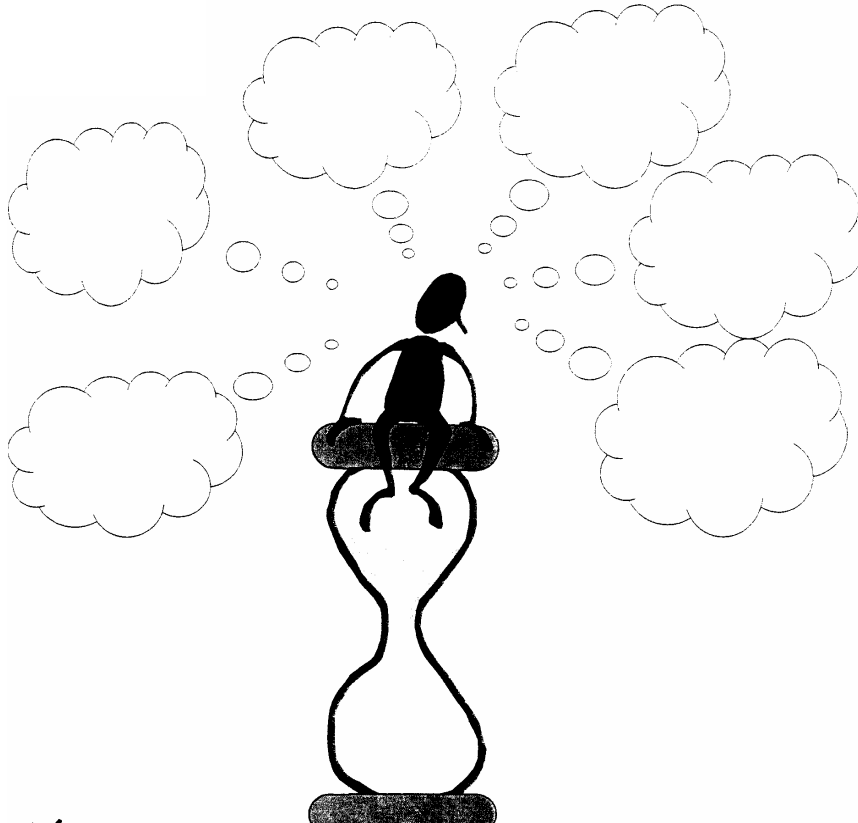
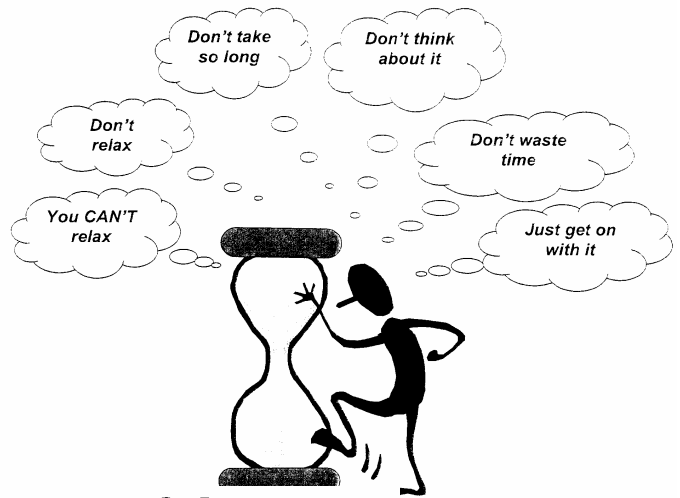
***Instead, try to develop self-talk that says...***

It is OK for me to have an opinion  
I am important too  
It is OK to be noticed  
I can say choose to say 'no'  
It is OK to be me

### 3. Hurry up!

***I value...***

Being efficient  
Being well thought of  
Arriving on time  
Getting it done quickly  
Being approved of  
Being able to respond in a



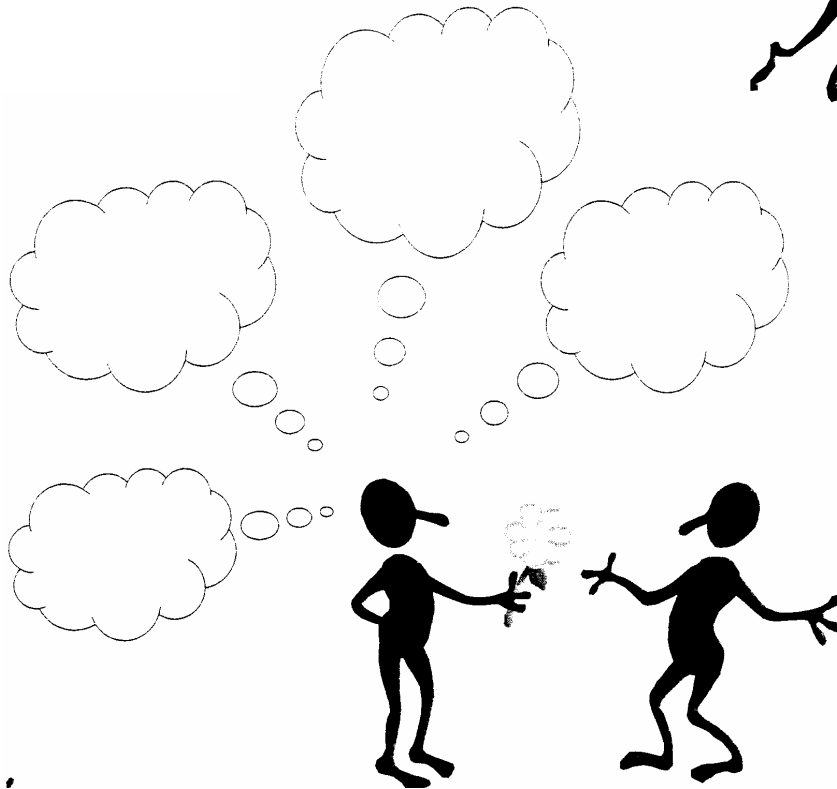
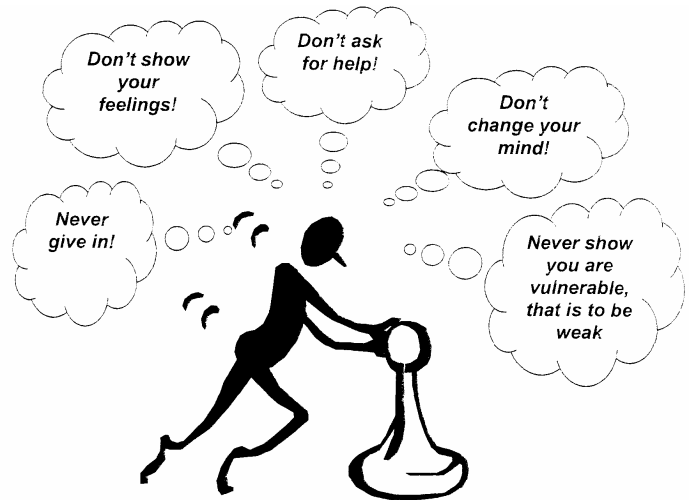
***Instead, try to develop self-talk that says...***

Be a bit patient  
Stop and listen  
They will survive if I am late  
Enjoy the present moment  
Think how others might feel

#### 4. Be strong!

***I value...***

Showing courage  
Being seen to be reliable at all costs  
Being consistent  
Being strong always  
Being there for others at all times



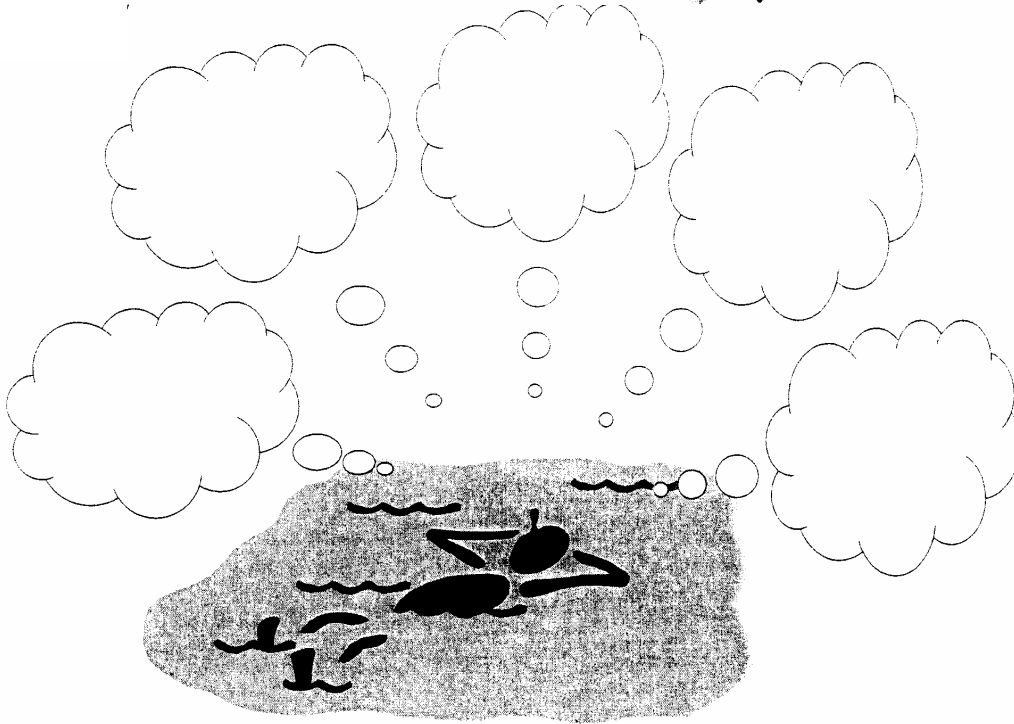
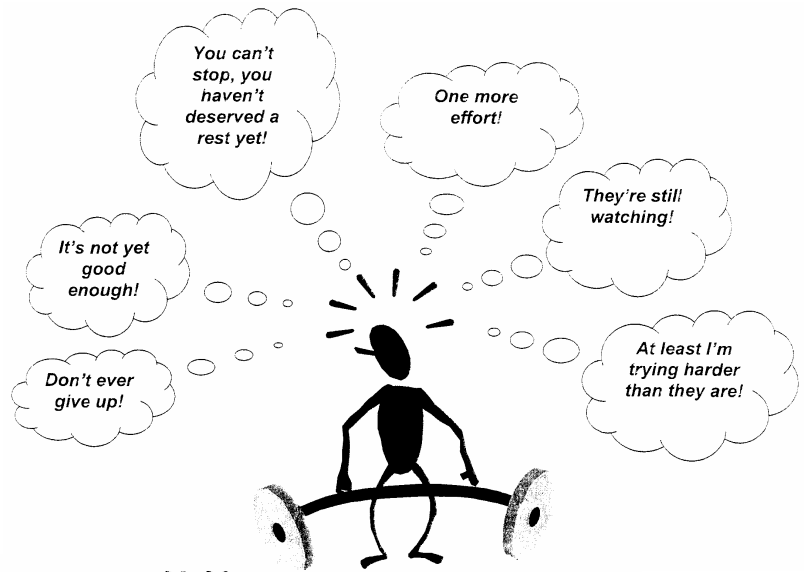
***Instead, try to develop self-talk that says...***

It is OK to show tenderness  
It is OK to cry  
Intimacy is precious  
It is your right to change your mind  
You do not have to be obstinate to be strong

### 5. Try hard!

***I value...***

Being persistent  
Earning admiration  
Being seen to be worthy  
Showing determination  
Justifying myself  
It is the trying that counts



***Instead, try to develop self-talk that says...***

I owe myself a rest  
Pleasure is good for me  
Other people deserve a break too - I am not the only one  
I work better when I have relaxed - others do too  
Laughing is as important as trying