

# Self-Talk for Worry

## Directions:

Read these statements to yourself for 15 minutes, twice a day. You can also choose to read these statements into a recorder and play them back throughout the day as needed. Feel free to add your own on the back of this paper. The more you do it, the more they will stick.

I do not worry.

I am in full control of my own thoughts.

I choose only those thoughts that are positive and productive.

My mind searches for the positive in every situation.

I am calm, positive, confident and self-assured.

My mind is focused and full of good thoughts and ideas.

I deliberately choose what I want to think and I only choose thoughts that are healthy, balanced and add to my entire well being.

My mind no longer dwells on the negative. Instead, it dwells on the positive in every situation.

I am able to relax my mind and I feel comfortable in my body.

I always choose the thoughts I want to think.

When I find negative thoughts in my mind, I quickly let them go and replace them with positive, truthful, encouraging thoughts.

I am determined and persistent and will continue to change my unwanted thoughts to productive, healthy thoughts.

I am optimistic about life and I am able to encourage myself when things don't go the way I want or expect.

I take care of myself and I only do those things that are healthy for me.

I control which thoughts I want to think. No one else has the ability to think for me. I think for myself at all times.

I keep my mind busy thinking thoughts that are good, healthy, positive, constructive, and productive.

I never have enough time to worry.

No thought can stay in my mind without my permission.

I am a good problem solver. I focus my mind only the things I can do something about.

I will accept the things that I cannot change.

I do not worry. Worry is unproductive and unhealthy and I only do what's best for my mind and body.

I focus only on the positive.

When someone else is worried, I help them by encouraging them and pointing out the positive.

I do not accept anyone else's negativity as my own.

I always encourage myself by repeating positive truths to myself throughout the day.

Worry is an obstacle that I can conquer every time by reinforcing positive truths to myself.

I have changed this bad habit to a healthier habit of positive thinking.

I no longer worry.