

YOU HAVE THE RIGHT TO REMAIN SILENT

ENCOURAGE YOURSELF

Psalm 42:5, 1 Samuel 30:1-6, Proverbs 23:7

The most influential person who will talk to you all day is you, so you should be very careful about what you say to you! -Zig Ziglar

Watch your thoughts; they become words. -Frank Outlaw

WHAT IS SELF-TALK?

- Self-talk is what we say to ourselves inside our mind. It is the steady stream of words that play constantly in the mind.
- Self-talk is conditioned patterns of thinking. The talk can be positive or negative, loving or critical.

EFFECTS OF NEGATIVE SELF TALK

- ✓ Produces low self esteem
- ✓ Produces depressive states
- ✓ Can cause negative attitudes
- ✓ Can cause strained or dysfunctional relationships (Abusive, Controlling, etc..)
- ✓ Can cause missed blessings that God has promised and prepared

KINDS OF NEGATIVE SELF-TALK

- ✓ About your performance and the outcome
- ✓ About your abilities
- ✓ About your beingness and essential value
- ✓ About what others will think of you

❖ SELF-TALK ABOUT YOUR PERFORMANCE

Negative Self-Talk: I am going to fail. I am going to mess up and when I do, it will have terrible consequences. I will be humiliated, and I may lose my job.

Supportive Self-Talk: I surrender the outcome of my life to God. I will be successful with God's support. I am not doing this alone.

❖ SELF-TALK ABOUT YOUR ABILITIES

Negative Self-Talk: I'm not good enough. Other people are much better than I am so I will just let someone else do it. I'm not smart enough. I don't have the right credentials or training or experience. So, I won't even try.

Supportive Self-Talk: I am good enough. I can do it. I can and will give my gifts. I am capable. I do not have to know everything. I will do the best I know how and learn everything else along the way.

❖ **SELF-TALK ABOUT YOUR BEINGNESS AND ESSENTIAL VALUE**

Negative Self-Talk: I am nothing. I am no good. I will never amount to anything. I hate myself. I am a bad person.

Supportive Self-Talk: I am valuable. I value myself. I love myself. I accept myself just as I am. I am a child of God and I am living energy of love.

❖ **SELF-TALK ABOUT WHAT OTHERS THINK OF YOU**

Negative Self-Talk: No one likes me/loves me. They think I am stupid, ugly, bad, wrong, incompetent, and unlovable. They do not want to be with me. They will never like me.

Supportive Self-Talk: I choose to love and accept others. What they think of me is none of my business. I share myself and my love with others freely.

STEPS TO CHANGING OUR THOUGHTS

◆ **LISTEN TO YOURSELF**

- You can't always control the thoughts that pop into your head, but you can control what you do with them.
- Thoughts only have as much power as you give them. The more you dwell on certain thoughts, the more powerful they will become.
- It's not a sin to have a wrong, negative, tempting thought pass through your mind, if you let it pass right on through. The sin comes when you choose to indulge, dwell, or act on it.

◆ **TAKE EVERY THOUGHT CAPTIVE**

- Listen and evaluate your thoughts, trapping and disposing of the ones that don't line up with God's truth. 2 Corinthians 10:5
- When you capture and get rid of thoughts that are not in line for what God is working in your heart, shift to things which are true and godly. Phil 4:8

◆ **REPLACE OLD THINKING WITH NEW**

Psychologists tell us that you can't just get rid of a bad habit, including a negative thought pattern. You have to fill the vacated space with something new. Romans 12:1-2