



Supportive Self-Talk Worksheet

Self-Sabotage, Week 3: 8-18-25

Rewriting the Script: Tools That Actually Work

Step 1: Spot the Critical Voice

Write down a recent thought you've had that felt negative, critical, or discouraging.

Example: "I'm never going to get this right."

My Critical Thought:

Step 2: Ask — Is It True?

- What's the evidence for this thought?
- What's the evidence against it?

What I Found:

Step 3: Reframe with Kindness

How can I reword this thought so it's still honest, but kinder and more helpful?

Example: "I'm still learning, and each try gets me closer."

My Supportive Rewrite:

Step 4: Create a "Pocket Affirmation"

A short phrase you can carry with you to interrupt negative self-talk in the future.

Example: "I'm allowed to be a work in progress."

My Pocket Affirmation:

Step 5: Daily Use Reminder

- ✓ Use this rewrite 3 times today when you catch yourself spiraling.
- ✓ Bonus: Write your pocket affirmation on a sticky note and place it somewhere you'll see often.