



Transforming Attitudes Reframe Accomplishment and Avoid Negative Self-Talk

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Self-talk is that very human internal voice that is sometimes quiet; sometimes screaming; judging your moves, questioning your choices. Its power can be destructive and interfere with your physical and emotional health as well as your career and relationship success.

When you harness self-talk, you'll find the ability to better negotiate in your own best interests in work or in a personal arena. Stress management will improve and you'll start to enjoy the richness of life.

Begin by allowing yourself to define success in line with your values and priorities.

Does extraordinary equal success to you? Does an ordinary life mean a meaningless life to you? Fast forward to age 90- what will you find meaningful to have spent your time and energy on? Talk to elders and find out what they look back and wish they had done differently.

Next, let go of the negative self-talk that is out of sync with your personal definition of success. Acknowledge without judgment that you, like most, have negative thinking at times. Remind yourself that there is no deadline for changing this. It is an ongoing journey.

Notice your negative thinking then imagine a red stop sign. Say stop. Snap a rubber band on your wrist. Breathe in slowly and exhale.

Replace the negative thought by choosing a phrase that is motivating and encouraging. Imagine a successful outcome, perhaps a prior success. Then return to what you were doing before the intrusive thought came into your head. Repeat these steps as needed.

Your internal voice has the power to lift your mood, give you courage and strength. Positive self-talk has been linked to higher levels of motivation and success as you define it.

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