

# healthy Self-Talk



## THIS

## NOT THAT



Whoops. I made a mistake.



I'm so stupid.



I like me.



No one likes me.



I did something bad.



I'm a bad person.



This is really hard, but I'm going to keep trying.



I give up. I'll never be able to do this.



I haven't figured it out...yet.



I never get anything right.



I am enough.  
And worthy, too.



I'm not good enough.

# The Self Talk Solution Pdf

**S Nieto**



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