

Recognizing negative self-talk

HOW THE WORDS "SHOULD",
"NEED TO", AND "HAVE TO" ARE
CAUSING YOU CLUTTER & STRESS.



The words you use
in relation to a task
can cause you to
play tug of war with
yourself.



As a teen, did you
refuse or delay
doing tasks you
were told to do?



Saying, "I need to
do the dishes"
gives away your
power.



Saying, "I am
going to do the
dishes" gives you
power.

choose words that empower you

WORDS TO STAY AWAY FROM

- *not in control* -

- ✗ I can't
- ✗ I need to
- ✗ I have to
- ✗ I should
- ✗ I want
- ✗ I wish
- ✗ I don't want to
- ✗ I hope
- ✗ I ought to
- ✗ I'm an idiot
- ✗ I must
- ✗ I'm so stupid

REPLACE WITH

- *empowered* -

- ✓ I can
- ✓ I want to
- ✓ I choose to
- ✓ I enjoy
- ✓ I plan to
- ✓ I will
- ✓ I create
- ✓ I intend
- ✓ I'm able to
- ✓ I'm learning
- ✓ It's important
- ✓ I'll do it differently
next time



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