

Self-talk

What do you tell yourself when something goes wrong?

Is it something you would tell your best friend? We can be our own worst enemies, criticising and undermining ourselves in a way that we'd never do to someone else. When you find your thoughts returning to something you wish you'd done differently, remind yourself of something you've done well. Find encouraging and supportive things to say to yourself. Write them down in your Penny Brohn journal if you like.