

Your Brain Believes Everything You Say



Did you know that 85% of the conversation you have each day is with yourself??? How can that be? Have you ever heard of self-talk? Self-talk consist of thoughts your think about yourself, words you say to yourself, and words you say about yourself to others. You brain believes what you tell it. Your brain can often find evidence to support what you tell it. When you tell your brain negative thoughts your brain focus on the negative, looks for the negative evidence, and believes the negative.

The good news is that when you think positively, your brain focuses on the positive, looks for the positive evidence (and there is always some), and believes the positive.

Our thoughts about ourselves influence our self-confidence, our perceptions, our feelings, and our behavior.

Take a few minutes and brainstorm a list of phrases, and statement for each heading below. Think about things you have said or things you have heard others say.

Positive Self-Talk

Negative Self-Talk

Do you use more negative or positive self-talk in your daily life?

What in your life influences if you think negatively or positively?

Did you learn anything about yourself from this exercise?

What might you do to remind yourself to think positively and not negatively?