

Negative & Positive Words



10 Minutes



Realise how the words you use to describe yourself can impact your feelings and wellbeing. How often do you treat yourself with criticism rather than compassion?

- | | | |
|--------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Useless | <input type="checkbox"/> Unlikable | <input type="checkbox"/> Inadequate |
| <input type="checkbox"/> Incompetent | <input type="checkbox"/> Worthless | <input type="checkbox"/> Lazy |
| <input type="checkbox"/> Stupid | <input type="checkbox"/> Foolish | <input type="checkbox"/> Unreliable |
| <input type="checkbox"/> Indecisive | <input type="checkbox"/> Inferior | <input type="checkbox"/> Weak |
|
 | | |
| <input type="checkbox"/> Lovable | <input type="checkbox"/> Intelligent | <input type="checkbox"/> Ambitious |
| <input type="checkbox"/> Competent | <input type="checkbox"/> Empowered | <input type="checkbox"/> Appreciated |
| <input type="checkbox"/> Supportive | <input type="checkbox"/> Trustworthy | <input type="checkbox"/> Reliable |
| <input type="checkbox"/> Admirable | <input type="checkbox"/> Strong | <input type="checkbox"/> Confident |

Instructions



1. Look at the words in the first section of page 1 and allow each one to sink in. Imagine they apply to you and notice how they make you feel. Do they impact your mood? Give each one a score from -10 to 10 (in a similar box to the one below).

<i>Makes me feel really bad</i>	<i>Makes me feel quite bad</i>	<i>Has no impact on my mood</i>	<i>Makes me feel quite good</i>	<i>Makes me feel really good</i>
-10	5	0	5	10

2. Now look back at the worksheet. Some of these words might be quite familiar to you. Have you ever named yourself like that? If so, circle them.

These are your self-critical thoughts. Think about other words you use when you are self-critical. You can write them down the side.

3. Now do the same for the words on the second half of page 1. Imagine how it would make you feel if someone were to refer to you using one of these words. Give each one a score from -10 to 10.

4. Do the same reflection. Are any of these words familiar to you? Do you consider yourself to be like that? If so, circle them.

These are self-affirmations. Think about other words you use when you are self-affirming. You can write them down on the side.

5. Now look back at both pages. How many of the 'negative words' and how many of the 'positive words' do you usually use to describe yourself. Is there a gap?

It is important to become aware of the way we treat ourselves and what that does to us. Often we find it easier to dwell on our mistakes than to acknowledge times we did well.