

HOW TO

**REFRAME  
SELF-  
CRITICAL  
THOUGHTS  
AND BOOST  
YOUR SELF  
ESTEEM**

*The  
Journal!*





# Reframing Your Language

We have to learn to begin talking to ourselves like we would to the people in our lives who we respect and love. Reframing or countering those thoughts makes a huge difference. In the case of external criticisms, sometimes we have to eliminate the source of the negativity. Use the spaces in this worksheet to reframe your language and find new ways to eliminate the negativity from external forces.

**Internal Negative Criticism**

**What to Say Instead**

**External Negative Criticism**

**How do I eliminate the negativity?**

# Who is your support team?

Our support team can help remind us who we really are when self-critical voices get too loud. Take a minute to assemble the members of your team so you know who to call when you're in need.

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**FRIENDS**

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**FAMILY**

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**COWORKERS**

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