

ProudLife Mastery WORKSHEET

How to

REFRAME

SELF-CRITICAL THOUGHTS
AND BOOST YOUR SELF-ESTEEM



3. What happens in your mind after a failure or difficult experience?

4. What can you do to handle these difficult experiences differently, so self-critical thoughts decrease?

5. Who can you reach out to for support with your negative self-talk?

6. How do positive thoughts affect you?

7. Compare your self-critical thoughts with the positive ones. How do they each make you feel?

8. What can you do each day to fight self-critical thoughts?