

# A 14-Step Guide to Stopping Negative Self-Talk

- 1 Challenge core beliefs
- 2 Look for the evidence
- 3 Ask yourself if you're overthinking things
- 4 Stop the thought
- 5 Reframe the narrative
- 6 Use gratitude as a self-empowerment tool
- 7 Let go of perfectionism
- 8 Practice self-compassion
- 9 Switch to positive self-talk
- 10 Be mindful
- 11 Repeat self-affirmations
- 12 Journal
- 13 Meditate
- 14 Talk with a behavioral therapist

