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