

Productive Self-Talk

When an upset, surprise or uncomfortable moment occurs, before speaking or taking action – stop and take a deep breath, and talk to yourself in a positive manner. Why? Because resentful or negative self-talk fuels anger and tension, which can escalate your emotions and lead to greater upset. Use productive self-talk to calm your system and enable you to better handle life's upsets.

The following is a list of self-talk statements. Find one that feels right for you.

Parenting Tip: Put a copy of this on your refrigerator. When you find yourself getting upset and are about to let loose with language that negatively impacts your children and home atmosphere, go to this list and read one or two of the statements out loud. Not only will you help the situation, but also your children will learn new ways to handle tense moments.

- Relax... It's okay...
- I can deal with this...
- I'll figure it out... We'll figure it out...
- Yes, it's uncomfortable... and I can manage...
- I can choose my thoughts... I can direct my thinking...
- I can be my best, even now...
- Something good can come of this...
- I have faith this will work out...
- What am I learning? What are we learning?
- I can find the humor here... Really, it's kind of funny...
- I can feel myself calming down...
- I can hear myself think...
- I'm strong.. I can deal with this...
- I'm in control of myself...
- I'm bigger than this. .
- We're bigger than this...
- I trust myself...
- I can choose...
- I can be generous right now...
- I hear my voice calming down...
- I can find my personal balance...
- We can work with this...
- We'll see our way through this...
- I have the ability to handle this...
- What do I want to model to my kids right now?
- I can be patient in this moment...
- Good time to count to ten... or 100...
- Time out... I'm taking a walk...
- I'm letting this one go - it's not worth the toxins...
- This, too, shall pass...