MY LITANY LOOP

When you face a challenging task like studying for a test or having to answer a difficult question on an exam, you may hear a voice that is saying negative or discouraging things to you about yourself.

What are the three to five negative self-statements that come up for you when you have to do something that seems hard or impossible? Usually they start with "I can't...", "I don't..." or "I'm not…"

Record below the negative statements that you frequently repeat to yourself.

As you record these statements, start to challenge them. Are they really true? Can you remember a time when you faced something challenging and you were successful?