

Name:

Date:

How Self-Talk Effects Behavior Changes

The purpose of this exercise is to gain awareness regarding how your self-talk effects behavior changes. It takes a week to complete it because it contains two aspects, one: choosing a new thought, two: using that thought for a week and noting any changes that occur as a result. Please read and follow each set of instructions completely.

1) The area I want to change is.....

2) The reasons I haven't/don't make change in this area is.....

3) Based on what you've written above, turn your statements around so that you are focusing on the solution and affirming your ability to make the change you desire. Write a self-statement that you will use in place of the statements you wrote in #2

4) Write your self-statement on an index card and carry it with you everywhere you go. Make a commitment to read it several times each day for one full week.

5) After the week is over, answer the following questions again to see if anything has changed:

1) The area I want to change is....

2) The reasons I haven't/don't make change in this area is.....

6) What is the difference between your thoughts, feelings and behavior after one week of reading your new self-statement? Record them below.

This based on an exercise in the book From Sabotage to Success by Sheri Zampelli © 2000

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