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## Корпус

Adam Feel - Overthinking\_ How to Eliminate Anxiety, Stress and Negative Thinking, Declutter Your Mind and Achieve Your Goals with Powerful Programs (Mindfulness Meditation and Positive Self Talk).epub

Andrea Bonior - Detox Your Thoughts\_ Quit Negative Self-Talk for Good and Discover the Life You've Always Wanted.epub

Benjamin Cooper - Eliminate Negative Thinking\_ How To Stop Overthinking And Change Your Toxic Thoughts To Healthy Self-Talk.epub

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Chase Hill - How to Stop Negative Thinking\_ The 7-Step Plan to Eliminate Negativity, Overcome Rumination, Cease Overthinking Spiral, and Change Your Toxic Thoughts to Healthy Self-Talk.epub

Cynthia Kane - Talk to Yourself Like a Buddhist\_ Five Mindful Practices to Silence Negative Self-Talk.pdf

Davis, Lynn R - Deliver me from negative self-talk \_ a guide to speaking faith-filled words.epub

Derek Borthwick. How to Eliminate Negative Thinking Learn To Control Your Thoughts, Overthinking, Negativity Bias, Heal Toxic Thoughts & Master Positive Self Talk .mobi

Dorothy Cantor, Carol Goodheart, Sandra Haber, Ellen McGrath, Alice Rubenstein, Lenore Walker, Karen - Finding Your Voice\_ A Woman's Guide to Using Self-Talk for Fulfilling Relationships, Work, and Life.pdf

~~Flaxington, Beverly D - Self-talk for a calmer you\_ learn how to use positive self-talk to control anxiety and live a happier, more relaxed life.epub~~ (повтор)

Ian Tuhovsky - The Science of Self Talk\_ How to Increase Your Emotional Intelligence and Stop Getting in Your Own Way (Master Your Self Discipline).epub

Joe Oliver, Richard Bennett - The Mindfulness and Acceptance Workbook for Self-Esteem\_ Using Acceptance and Commitment Therapy to Move Beyond Negative Self-Talk and Embrace Self-Compassion.epub

John Mason - Self-Talk for Success\_ Take Control of Your Thoughts and Write Your Own Future.epub

Kam Knight - Self-Talk the Right Way to Success (Self Mastery, #2).epub

Katie Krimer - Sh\_t I Say to Myself\_ 40 Ways to Ditch the Negative Self-Talk That's Dragging You Down.epub

Kim Fredrickson - The Power of Positive Self-Talk.epub

Kristen Helmstetter - Coffee Self-Talk for Dudes\_ 5 Minutes a Day to Start Living Your Legendary Life.epub

Kristen Helmstetter - Pillow Self-Talk\_ 5 Minutes Before Bed to Start Living the Life of Your Dreams.epub

Kristen Helmstetter - Tea Time Self-Talk\_ A Little Afternoon Bliss for Living Your Magical Life.epub

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Kristen Helmstetter - Wine Self-Talk\_ 15 Minutes to Relax & Tap Into Your Inner Genius.epub

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Noah St. John, John Assaraf - Affirmations®\_ The Miracle of Positive Self-Talk.epub

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Phil Willingham - The most powerful voice in your life\_ learn to tame your self-talk.epub

Rachel Turow. The self-talk workout six science-backed strategies to dissolve self-criticism and transform the voice in your head.epub

Shad Helmstetter - 365 Days of Positive Self-Talk for Weight-Loss.epub

Steve Andreas - More Transforming Negative Self-Talk\_ Practical, Effective Exercises.epub

Tuhovsky, Ian - Self Discipline\_ 5 Books in 1 Boxset\_ Master Your Mental Toughness, Emotional Control, Self-Talk and Productivity (Master Your Self-Discipline).epub

self talk – и коллокации notion, concept, defin

2024-07-06 02:04:28

1. Adam Feel - Overthinking How to - Nieizviestnyi.txt[[[]]]that engaging in negative self-talk will only cause unnecessary stress. Generally, positive self-talk can help you avoid overthinking. The basic

concept behind positive self-talk is that you will develop a habit of focusing on the bright side of life. Sure, challenges will always be there. You can'

2024-07-06 02:04:54

2. Adam Feel - Overthinking How to - Nieizviestnyi.txt optimism. In the preceding chapter, we discussed a lot about how positive self-talk can help you overcome overthinking. Still related to the notion of self-talk, it is important to talk about how you can successfully tame your thoughts to think in the right direction. Without a doubt, there

2024-07-06 02:05:54

4. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt way we communicate with ourselves, and examining the beliefs and judgments that provide the ammunition for our negative self-talk. From a Buddhist perspective, negative self-talk can be defined as language you use when you communicate with yourself that is unkind, unhelpful, or untrue. It's when you speak

2024-07-06 02:06:31

6. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt pop up. 48 Talk to Yourself Like a Buddhist CHAPTER 3 The Middle Path of Self-Communication Overview So far in this book we have defined negative self-talk and examined the various ways it can arise. We've also discovered that negative self-talk is always accompanied by an underlying judgment.

2024-07-06 02:07:08

9. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt is, yes, we can. And that's what this book is about. Chapter 1 – What Is Self-Talk? Let's start with a more precise definition. Self-talk, aka intrapersonal communication, is your internal use of speech and language. It appears in the form of thoughts that you can "hear" with

Self-talk, aka intrapersonal communication, is your internal use of speech and language. It appears in the form of thoughts that you can "hear" with the auditory part of your brain.

It can also include speaking to yourself out loud. Which is totally normal, I promise. Well, unless you're experiencing hallucinations and hearing voices, in which case it could be a serious problem requiring the attention of a mental health professional. But maybe you don't want to do it when others are around. Definitely avoid mumbling to yourself as you walk down the street or browse the aisles in the supermarket.

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10. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[[]]is pretty much the same as the self-agency we talked about earlier: taking authorship of yourself and your life. They defined positive or constructive [[]]self-talk [[]]as “characterized by accurate self-analysis, well-grounded beliefs, and an encouraging orientation” and negative self-talk as “a tendency to focus on

A 2013 study of effective and ineffective senior executives had them write letters to their future selves.[7] The researchers took these letters as indicative of the kind of self-talk the executives had.

They also took effective leadership as predicated on good self-leadership – basically discipline, self-management, and taking challenges that are intrinsically motivating. Self-leadership is pretty much the same as the self-agency we talked about earlier: taking authorship of yourself and your life.

They defined positive or constructive self-talk as “characterized by accurate self-analysis, well-grounded beliefs, and an encouraging orientation” and negative self-talk as “a tendency to focus on and persevere about the negative aspects of challenging situations.”

2024-07-06 02:08:09

12. Kam Knight - Self-Talk the Right - Nieizviestnyi.txt[[]]SUCCESS First say to yourself what you would be; and then do what you have to do.—Epictetus The last chapter introduced the concept of [[]]self-talk, [[]]the ongoing dialogue you have with yourself about everything from day-to-day occurrences to the challenges life throws at us. It also

2024-07-06 02:08:56

14. Katie Krimer - Sh t I Say to My - Nieizviestnyi.txt[[]]was out of the question and before us lay a winding path of inevitable misery. Due

to humans' attachment to the concept of permanence, our [self-talk] reflects a doom-and-gloom attitude that amplifies our ruminations and thought-spiraling. Let's refer back to the very first chapter where

2024-07-06 02:09:51

17. Kristen Helmstetter - Pillow Se - Nieizviestnyi.txt[associate "abundance" with money, which is understandable. But I find this to be much too narrow for such a fantastic concept. When I do my [self-talk, [and I think of the word abundance, I apply it to a few different categories, such as: Abundance of money and prosperity  
Abundance

Most people associate "abundance" with money, which is understandable. But I find this to be much too narrow for such a fantastic concept. When I do my self-talk, and I think of the word abundance, I apply it to a few different categories, such as:

Abundance of money and prosperity

Abundance of energy

Abundance of time

Abundance of health

Abundance is a rich word. It conjures pictures of overflowing, spilling over, waterfalls. It brings the feeling of relaxation because, with abundance, there is always more than enough. No lack, no survival emotions, just abundance. When you know you have an abundance of time, you're relaxed. When you have an abundance of health, you're relaxed. When you have an abundance of money, you're relaxed.

In short, it means you have more than enough of everything that you need.

2024-07-06 02:10:29

19. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[[]]]person doing the self-talk and its intensity and duration. Though different theorists, coaches and thinkers will refer to slightly different definitions and models of [[[]]]self-talk, [[[]]]the key point to bear in mind is that self-talk varies greatly. It can be helpful or unhelpful, conscious or unconscious, cruel

Some researchers have used the STS, or Self-Talk Scale, to identify four main types of self-talk. These include self-criticism after negative events, self-praise and reinforcement after positive events, self-management and the attempt to decide what to do and how, and social-assessment, which is self-talk that refers to social interactions in the past, present or future.

Each of these four types likely overlaps, with a mix of different effects and functions which heavily depend on the context, the person doing the self-talk and its intensity and duration.

Though different theorists, coaches and thinkers will refer to slightly different definitions and models of self-talk, the key point to bear in mind is that self-talk varies greatly. It can be helpful or unhelpful, conscious or unconscious, cruel or compassionate, sensible or deranged, inspiring or completely self-sabotaging.

Our goal with this book is to use some of these theories as a springboard to gain a better understanding of our own self-talk. This can be done with conscious awareness, calm compassion, and a little curiosity. You might notice that you have a running narrative going on in your head whenever you speak to others, or that you sometimes adopt a very harsh and overly critical attitude to yourself when you believe you've failed. For instance, a small selection of the types of negative self-talk we might want to become aware of and avoid:

Overreaction: "Everything is terrible."

Personalization: "Why is this happening to me?", "It's my fault."

Absolute language: "I'm a bad person."

Assumption: “He thinks I’m not good enough!”

Expectation: “This isn’t how it’s supposed to be!”

Comparison: “Why can’t I be like her?”

Regret: “If I hadn’t done that...”

2024-07-06 02:11:04

22. Phil Willingham - The most powerful - Nieizviestnyi.txt[[[]]]thought works. But there is more than just positive thinking involved in the problem of self talk. The Bible stops short of any notion that [[[]]]self talk [[[]]]is the key to our problems. It stops short of saying we need to think positive. Positive thinking in itself is often just

The Bible stops short of any notion that self talk is the key to our problems. It stops short of saying we need to think positive. Positive thinking in itself is often just glorified, wishful thinking. God is not in the wishful thinking business. For example, you get up in the morning, you look at yourself in the mirror, and you say, “You are 6’2” and handsome.” But if you are 5’2” and average looking, self talking isn’t going to help. Self talk isn’t an instant guarantee to health, happiness, and wealth.

2024-07-06 02:12:06

27. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[[]]]your life, who you are, how you think, the goals you set and how successful you are at reaching them. As one definition puts it, [[[]]]self-talk [[[]]]is: “positive, self-directed, neuron patterning, personal mind-brain programming.” We just call it self-talk. January 19 “Today I choose to be strong,

2024-07-06 02:12:58



Кластер «self talk is» (со этими словами слева: positive, negative, your)

2024-07-06 02:15:13

2. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]may not think of it as talking to yourself, you may just think of it as noting what's going on around you. While negative [[[]]]self-talk is [[[]]]a constant visitor for many, it's not your friend. It isn't helping you in any way. That's the bad

2024-07-06 02:15:41

4. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]this self-talk has pushed Andrew's life seriously out of balance. Even when he's driving home from work in the evening, his negative [[[]]]self-talk is [[[]]]whispering to him that he shouldn't have left the office with tasks yet undone. The result is that although he knows

2024-07-06 02:16:01

5. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]seek the facts. Understand the situations and the impact. Be willing to learn. The Little Engine of Self-Talk As made clear earlier, while negative [[[]]]self-talk is [[[]]]highly destructive, positive self-talk is the solution to your anxiety. It spurs you on. It reminds you of the strengths you

2024-07-06 02:16:35

6. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]or hold it to a flame. If you hold the match up and do nothing else, nothing will happen. In the same way, your negative [[[]]]self-talk is [[[]]]triggered when you're scratched against something. Somehow your mind comes in contact with an event or condition that causes it distress.

Think of your trigger as a match. For the match to light, you must scratch it on a surface or hold it to a flame. If you hold the match up and do nothing else, nothing will happen. In the same way, your negative self-talk is triggered when you're scratched against something. Somehow your mind comes in contact with an event or condition that causes it distress. This triggers something inside of you—like the match striking the right surface—that ignites your negative self-talk. But just as you can blow out the match, so you can extinguish your negative self-talk once you realize it's there.

Triggers can be anything from words people use that “irritate” you to someone’s tone of voice to something you see that you don’t like. They set the negative self-talk cycle in motion.

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7. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]world is going to pot, and I’ll probably never work again.” The Role of Negative Self-Talk Sometimes, as we’ve said earlier, negative [[[]]]self-talk is [[[]]]used to beat up on yourself, but sometimes you might believe it will protect you from being hurt. If you can speak

Sometimes, as we’ve said earlier, negative self-talk is used to beat up on yourself, but sometimes you might believe it will protect you from being hurt. If you can speak to yourself negatively about the company or person who interviewed you, then the problem (as your mind rationalizes it) really isn’t about you. This is the fascinating thing about self-talk: It can change so you always have an excuse for why it is there and why it has the power to hurt you. You may even subconsciously enjoy its company. And all the while it is raising your anxiety levels and unsettling your mind.

2024-07-06 02:20:51

8. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]What is causing so much unrest and distress? It can certainly be things like low pay, a bad boss, or difficult work conditions, but negative [[[]]]self-talk is [[[]]]at the root of much of it. Positive self-talk allows you to reframe the situation. Keep the job, but talk to

A variety of surveys have confirmed that most Americans hate their jobs. As much as 84 percent of people would leave their current employer if they thought they could. According to one study, only 5 percent of people are satisfied or happy in their job. What is causing so much unrest and distress? It can certainly be things like low pay, a bad boss, or difficult work conditions, but negative self-talk is at the root of much of it. Positive self-talk allows you to reframe the situation. Keep the job, but

talk to yourself about it differently. See if you can change the circumstances by changing the self-talk.

2024-07-06 02:21:17

9. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]can deter you and make you wonder why you ever thought you could head in a new direction in the first place. Remember that negative [[[]]]self-talk is [[[]]]very practiced within you for telling you what you can't do. Because of this, in order to make any lasting life

2024-07-06 02:21:43

10. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]positive attitude, refused to look at those years as lost, and instead turned that experience into something positive that others have learned from. If negative [[[]]]self-talk is "[[[]]]right," then why doesn't everyone crumple under the weight of difficulty? Because the self-talk you choose often dictates your ability

2024-07-06 02:22:24

11. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]dirty work, your anxiety rose. Any opportunity you had for a calmer you went out the window along with your objectivity. This is why negative [[[]]]self-talk is [[[]]]so insidious. It feels like a part of you. It visits; you welcome it and recognize it; and then it stays. But

2024-07-06 03:52:37

12. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]is taking a trip, "Hmmm. That's so interesting. I am reading someone's posts about a cruise she's taking and now my negative [[[]]]self-talk is [[[]]]coming to life about how I will never be able to take a vacation again. Why do I let it talk to

2024-07-06 03:53:02

13. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]Stories draw people in and give them something to hold on to. The problem with the stories you have been telling yourself with your negative [[[]]]self-talk is [[[]]]that they don't have a happy ending! We want to turn them around and write positive, happy endings instead. The Power

2024-07-06 03:53:22

14. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]add more fuel to your worry or anxiety. You can stop it—choose to do so. Tool 5:

Finding a Partner The insidious thing about negative [self-talk] is that many people don't want to admit to others that they engage in it and that it is hurting them. It

2024-07-06 03:53:45

15. Chase Hill - How to Stop Negati - Nieizviestnyi.txt[live the words you tell yourself in your mind." Dr. Magdalena Battles For some reason, talking to yourself is a sign of craziness yet negative [self-talk] is [perfectly acceptable. We need to put a stop to any form of critical thinking toward ourselves. Self-talk is the messages and

2024-07-06 03:54:16

16. Chase Hill - How to Stop Negati - Nieizviestnyi.txt[messages and opinions that you are telling yourself. It could be related to your abilities, knowledge, or how you did on a particular activity. Negative [self-talk] is [closely related to a fixed mindset. It's the voice inside us that tells us we can't do things, or that

2024-07-06 03:54:34

17. Chase Hill - How to Stop Negati - Nieizviestnyi.txt[the other, you try again and succeed. If you pay attention to negative self-talk, you will never feel the joy of success. Continuous negative [self-talk] is [going to drain you of your confidence and may even create distance between you and others. Because of the fear negative self-

2024-07-06 03:54:54

18. Chase Hill - How to Stop Negati - Nieizviestnyi.txt[your inner critic as a character, you can address it. Tell the character to "Pack it in" or "That's enough now." Whatever the negative [self-talk] is, [replace it with a positive. Your inner critic would say "You were such an idiot." Your replacement sentence should be "You

2024-07-06 03:55:35

19. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[idea that this work won't be done perfectly. This is very important Introduction 7 to remember, because as you will see, some of our negative [self-talk] is [the result of holding ourselves to impossible standards. You want to be careful that you don't turn your progress on the

2024-07-06 03:55:57

20. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[how many perks you will begin to see when you shift how you speak to yourself. The other benefit to exposing and releasing your negative [self-talk

is [ ] that it can actually improve your communication and relationships with others. For example, I worked with a woman who berated herself constantly

The other benefit to exposing and releasing your negative self-talk is that it can actually improve your communication and relationships with others. For example, I worked with a woman who berated herself constantly about what she perceived as her inability to 8 Talk to Yourself Like a Buddhist

succeed in her chosen profession. As she went through the practices in the Middle Path of Self-Communication, she was able to discover the source of this negative self-talk and ultimately release it. She realized that before she did the practices in this book, she would come home every day from work in a bad mood and take her negative emotions out on her partner. When she fixed her thinking and the corresponding dialogue with herself, her relationship with her partner benefited too, as he was no longer subjected to the outbursts that were fueled by her negativity toward herself.

2024-07-06 03:57:56

21. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[ ] berate your body), or little and hard to spot (like when you subtly compare yourself to someone else and decide you aren't "enough"). Negative [ ] self-talk is [ ] language that promotes suffering. As you will see later in the practices, it is largely based on misperceptions of what is true.

2024-07-06 03:58:22

23. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[ ] will outright scold themselves when alone, saying things like "I am so stupid" or other self-deprecating statements. Another way we can engage in negative [ ] self-talk is [ ] when we speak to others. This may surprise you, but think about it for a moment. How often have you "confessed" what

Another way we can engage in negative self-talk is when we speak to others. This may surprise you, but think about it for a moment. How

often have you “confessed” what you really think about yourself to a close friend or confidant? Perhaps you have told a friend “I am such a loser” or “I’m so ugly, no one would want to go out with me.” Even if your friend tries to convince you that your statement isn’t true, you have already spoken negatively about yourself, and you have heard these words as well.

2024-07-06 03:58:58

24. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]Or helpful? Or kind? No matter which of the modes of communication we are using to talk to ourselves, the first step to changing negative [[[]]]self-talk is [[[]]]to identify it when it arises. The four modes of self-communication are how we communicate with ourselves, and becoming cognizant of

The four modes of self-communication are the how involved in “how do we communicate with ourselves?”

As we begin to define what negative self-talk is, we will also take a look at some examples of how it manifests in each of the different modes. Some of you may be surprised to learn that you have communicated to yourself negatively in a way you did not expect or did not realize. Most everyone does so via the first means—through thinking—but the truth is that most of us will employ some if not all of the other three from time to time.

1. Thinking

2. Speaking aloud

3. Body language

4. The written word

2024-07-06 04:01:42

25. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]I dropped a plate and yelled out loud, “That was dumb!” when it broke.” —spoken word 26 Talk to Yourself Like a Buddhist Key Ideas • Negative

[[[]]]self-talk is [[[]]]the soliloquy or monologue that feeds our doubts and fears, and contains language that is untrue, unhelpful, or unkind. • Sometimes we have

2024-07-06 04:02:08

26. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]Like a Buddhist Catchphrases: • I'm responsible for . . . • It's my fault that . . . Absolute Language: "I Am a Bad Person." Absolute language expressed in negative [[[]]]self-talk is [[[]]]when we take a description and make it a part of who we are. For example, the true statement, "I have fat

Absolute language expressed in negative self-talk is when we take a description and make it a part of who we are.

For example, the true statement, "I have fat on my body,"

becomes "I am fat." Fat is not a person, but simply a part of the body. When you use the absolute language to say that you are fat, you are distorting the truth. When you use absolute language, you are ascribing something to yourself and making it you.

2024-07-06 04:08:09

28. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]This will give you more tools to work with when we move into the process. Judgment: The Accomplice of Negative Self-Talk 47 Key Ideas • Negative [[[]]]self-talk is [[[]]]always accompanied by judgment. When you notice that you are engaging in negative self-talk, see if you can find the accompanying

2024-07-06 04:08:30

30. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]we use with mindful curiosity and the willingness to release any old, outdated beliefs or assumptions we find. The first step in shifting our negative [[[]]]self-talk is [[[]]]to become aware of it, to recognize when we are engaging in it. That is a crucial component, as much of the

2024-07-06 04:08:47

31. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]themselves and notice it in all its manifestations. As I mentioned earlier in this book, one reason that it's difficult to notice our negative [[[]]]self-talk is

[[[]]]because we've learned to live with this kind of self-talk for so long that we mistake our negative judgments for

2024-07-06 04:10:26

32. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]the negative self-talk, or even when your feelings are not the result of your own internal monologue, it's at these moments that negative [[[]]]self-talk is [[[]]]prone to rise and add fuel to the already burning fire of your suffering. In either case, the main goal is to

2024-07-06 04:10:43

33. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]by The Practice of Listening 59 unnoticed and unquestioned, and mindful listening is the key to helping you get there. A helpful technique to combat negative [[[]]]self-talk is [[[]]]to simply name it as such in the moment. For example, if I hear my self-talk say, "Okay, Cynthia, that's

A helpful technique to combat negative self-talk is to simply name it as such in the moment. For example, if I hear my self-talk say, "Okay, Cynthia, that's a stupid idea," I reply to myself, "That was negative self-talk."

I don't accuse myself or beat myself up for making the statement, I just observe that it was negative. In this way, naming your negative self-talk will help you not attach yourself to it.

2024-07-06 04:12:30

38. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]to ground ourselves in reality rather than running in circles of stories and getting stuck in our cycle. When I can see that the negative [[[]]]self-talk isn't [[[]]]based on truth, I can cut it free and watch it fly away like a stray balloon. Sometimes when we ask

2024-07-06 04:13:13

41. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]as "clinging" or "attachment," a state of mind that the Buddha recognized as instrumental in causing suffering. Our goal with the practice of releasing negative [[[]]]self-talk is [[[]]]to end our suffering by ending our tendency to hold on to things or cling to that which no longer serves us.



2024-07-06 04:13:45

42. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]recognizing negative self-talk as a habit within us, and making a conscious decision to change it. The second reason we cling to our negative [[[]]]self-talk is [[[]]]that we have created an identity for ourselves around it. In other words, over time we have come to view ourselves as “

2024-07-06 04:14:35

43. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]or with finances, or the one who needs to try harder, or the one who has failed, and so on. As a result, our negative [[[]]]self-talk is [[[]]]simply there to reinforce this identity that we have created for ourselves. One of my clients who had tortured herself with negative

The second reason we cling to our negative self-talk is that we have created an identity for ourselves around it. In other words, over time we have come to view ourselves as “the victim,” or the “perpetrator,” or the one who isn’t good at relationships or with finances, or the one who needs to try harder, or the one who has failed, and so on. As a result, our negative self-talk is simply there to reinforce this identity that we have created for ourselves. One of my clients who had tortured herself with negative self-talk for years said to me, “Once I stopped beating myself up, I didn’t know who I was.”

So our practice of releasing negative self-talk begins by becoming willing to give up a habit and a piece of our identity. The good news is that just recognizing our negative self-talk as a habit and an identity is part of the release practice, because simple recognition helps loosen its grip on us. That’s what I love about self-knowledge

2024-07-06 04:14:54

44. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]bring its benefits to fruition. To break or lessen the power a habit has over us typically requires persistence and repetition. Reminding ourselves that negative [[[]]]self-talk is [[[]]]a habit and making a release statement are especially effective for the subtle ways we beat ourselves up (such as getting down

2024-07-06 04:15:13

45. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]next time you notice that you're beating yourself up for something small or subtle, I would like you to speak these words: "This negative [[[]]]self-talk is [[[]]]a habit, and I choose to release myself from it." This little technique is surprisingly effective, and I have included a brief

2024-07-06 04:18:11

46. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]clients have found it helpful to repeat the above statement after each instance of negative self-talk. As I said earlier in the book, negative [[[]]]self-talk is [[[]]]typically not something we banish forever, but we can see huge reductions in frequency and temperament once we implement the practices on

2024-07-06 04:18:27

47. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]the money—is the end result in both cases. Now let's look at another example, but this time applied to an area where negative [[[]]]self-talk is [[[]]]extremely common: body image. The Practice of Balance 137 Let's say I am standing in front of the mirror looking at my

2024-07-06 04:18:44

48. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]way we think it does— this is called the Buddhist doctrine of annata. But until that is true for us on an individual basis, negative [[[]]]self-talk is [[[]]]a source of suffering, and learning to love yourself rather than criticize yourself lessens this suffering. In my own case, as I

2024-07-06 04:19:06

49. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[[]]]same way that I don't necessarily think of a sneeze or a cough as particularly bad. They're symptoms of other issues. Our negative [[[]]]self-talk is [[[]]]an indicator that judgments are happening, and like sneezes or coughs, they could be indicators of small and insignificant judgments, or more

2024-07-06 04:19:59

51. Davis, Lynn R - Deliver me from - Nieizviestnyi.txt[[[]]]ourselves by declaring words of doom and death. Words should be chosen carefully, because they have power to give life and to destroy it. Negative [[[]]]self-talk is [[[]]]conceived in the mind and birthed through our speech. But just as negative seeds produce a negative harvest, so will the seeds

2024-07-06 04:20:40

66. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt negative impact on your life. Once you know that, you can do something about it by talking to yourself differently. That's important because negative self-talk is linked to negative emotional states such as anxiety, depression, insecurity, rumination, learned helplessness, and so on. In other words, a sense that

2024-07-06 21:18:16

67. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt negative self-talk can make your performance worse in everything from academia[3] to your job and can even make you worse at playing darts.[4] Negative self-talk is especially associated with higher levels of stress and poor emotional regulation when faced with stress. We've all experienced stress, and we

2024-07-06 21:18:41

69. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt that you need to change. That's because you're constantly telling yourself that you can't change and you can't improve things. Negative self-talk is a symptom of learned helplessness. It's the voice in your head that says I can't and It's no use.

2024-07-06 21:19:12

71. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt By weighing the pros and cons practically, positive self-talk helps you make better decisions. To be more precise, the thing distinguishing positive and negative self-talk is not so much the factual content of the thoughts but the interpretation of situations. That interpretation carries an emotional valence, a positive

2024-07-06 21:19:36

72. Katie Krimer - Sh t I Say to My - Nieizviestnyi.txt find my unique version of success at the time that's right for me. 34. "I'm unworthy" I want to acknowledge that while all negative self-talk is harmful to some degree, there are definitely a few examples in this book that require much more time and attention to unlearn.

2024-07-06 21:20:09

75. Nick Trenton - Transform Your S - Nieizviestnyi.txt be. • I have to compete with everyone around me and there is never enough to go around. Phew! It's easy to see how negative self-talk is a

one-way ticket to depression and low self-esteem. Let's hope that you didn't find those sentiments too familiar

2024-07-06 21:20:58

76. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[[]]]talk does exactly the opposite. It's easy to imagine that being talked down to and insulted throughout the day (which is exactly what negative [[[]]]self-talk is!) [[[]]]would leave you feeling bad emotionally. It turns out there are real, neurological reasons why. When you engage in negative self-talk,

When you engage in negative self-talk, you encourage your body to release chemicals called catecholamines from your adrenal glands, for example dopamine and norepinephrine. Your body responds to the "threat" of this self-talk as though it were any other danger, even producing cortisol that permeates through the entire body.

2024-07-06 21:21:29

77. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[[]]]self-talk leaves us feeling pessimistic, hopeless, irritable, and apathetic—and it's all due to our system being chronically bathed in stress hormones. Negative [[[]]]self-talk is [[[]]]associated with many of the symptoms we think of as accompanying generally poor mental health: changes in appetite, getting sick often, random

2024-07-06 21:21:46

78. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[[]]]and generally liking and respecting yourself, with a moderate expectation that others may do the same. If we dig a little, we see that negative [[[]]]self-talk is [[[]]]actually just a symptom of our inner beliefs about ourselves, i.e. our self-esteem. But that begs the question: what causes

There's plenty of evidence to suggest that our experiences with our primary caregivers as children shapes our perception of our self-worth and consequently, determines the tone and content of much of our self-talk. We may develop low self-esteem because of:

- Disapproving/critical authority figures who caused feelings of shame ("you'll never amount to anything").

- Caregivers who were neglectful or too preoccupied with their own lives to pay you attention when you most needed to be acknowledged and praised. This can leave you feeling unimportant, invisible, unknown, and not worth noticing.
- Caregivers who fought with each other. Young children can internalize the feeling that they are to blame.
- Bullying at home or school, and feeling as though you weren't important enough to be protected. Can create feelings of being abandoned, lost, or victimized.
- Overly coddling or supportive parents. They may have made you feel like their support was unwarranted and exaggerated, causing deep shame about who you "really" are.
- Receiving no support through academic challenges, making you feel stupid or defective.
- Sexual, physical, or emotional abuse can make a child believe their will is not worth as much as others', that they are worthless, or even to blame for what happened to them.
- Cultural or religious beliefs that emphasize shame and judgement for who you are—this can include unrealistic images and ideology from the media.
- Low confidence may even have a genetic component; we may each be born with different levels of serotonin and oxytocin (hormones associated with happiness and well-being) and this affects our temperament, which in turn affects our behavior. Some people have personalities that are more cautious, watchful or inhibited, which is not necessarily a bad thing, but may preclude high confidence.

79. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]to them. The general process for our purposes is to observe, challenge, and replace negative thoughts and self-talk. • One effective method to reduce negative [[]]self-talk is [[]]an activity called thought stopping. This involves distracting yourself from troublesome thoughts using some behavioral or mental cues, such as thinking or

- One effective method to reduce negative self-talk is an activity called thought stopping. This involves distracting yourself from troublesome thoughts using some behavioral or mental cues, such as thinking or saying “Stop!”, pinching yourself, etc. Though this technique can backfire in some cases, it has been observed to be effective in curtailing superficial but unproductive rumination.

- Besides using cues, other ways to stop negative self-talk include listening to music or podcasts that you like. This distracts you by engaging your auditory faculties. You can also use scattered counting—counting random numbers instead of proceeding linearly like in 1,2,3, and so on. The idea is to catch yourself in the process and distance yourself from unhelpful thoughts.

- If thought stopping doesn’t work, you can also practice thought replacing. Here, you take a negative thought and strip it of all the components that make it unpleasant, replacing them with more positive alternatives. One way to do this is to simply think your thoughts through and assess how valid they are. If you find them to be irrational, substitute ones that make more sense to you and promote healthier emotions.

2024-07-06 21:24:09

87. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]will have. You will find you benefit from having another person who is open to learning more and willing to talk about his experiences. Positive [[]]Self-Talk Is [[]]Not a New Concept! Émile Coué (1857–1926), a physician, formulated the Laws of Suggestion. He is also known for encouraging his patients to

Émile Coué (1857–1926), a physician, formulated the Laws of Suggestion. He is also known for encouraging his patients to say to themselves twenty to thirty times each night before going to sleep, “Every day in every way, I am getting better and better.” He also discovered that delivering positive suggestion at the same time he was giving patients their medicine proved to be a more effective cure than prescribing medicine alone.

2024-07-06 21:24:40

89. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[[]]]am motivated. I am determined to eat right, look great, and live healthy. I motivate myself every day, and it shows.” Self-Talk Tip #16 Positive [[[]]]Self-Talk is [[[]]]More Than Positive Thinking Positive self-talk isn’t just about positive thinking; it’s about managing all of the thoughts that

Positive self-talk isn’t just about positive thinking; it’s about managing all of the thoughts that are being wired into your brain.

Unlike basic ‘positive thinking’—looking at the world in a generally positive way—positive self-talk could be compared to the flight program the navigator types into the onboard computer on an airplane. Whatever direction the navigator types in is the direction the plane is going to fly. Direction, course, altitude, speed—everything the airplane’s onboard computer needs to know to take the plane safely to its destination. It’s not just a positive thought or two—it’s a detailed set of program instructions that will fly the plane to its objective.

Positive thinking, by itself, is a good thing, and it helps you look at the world in a bright and healthy way. But positive self-talk, like the navigator’s instructions to the computer, is more specific. The right self-talk identifies every step you need to take to get where you’re going, sets the course to get you there, keeps you uplifted and motivated on the journey, and makes sure you arrive safely, and on time.

2024-07-06 21:25:08

91. Adam Feel - Overthinking How to - Nieizviestnyi.txt[[]]challenges will always be there. You can't avoid stress completely, but you will improve how you deal with stress. Don't think that positive [[]]self-talk is [[]]something that you can master in a day. It takes time for you to develop the right mindset required to see life

2024-07-06 21:26:22

92. Adam Feel - Overthinking How to - Nieizviestnyi.txt[[]]Therefore, practice positive self-talk every day and you will notice its benefits after some time. To conclude, you should always remember that practicing positive [[]]self-talk is [[]]the best way in which you can constantly remind yourself of all the great qualities about yourself and the great aspects of

2024-07-06 21:27:19

96. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]It has told you stories and given you endings without ever letting you have a chance to create a different outcome. The beauty of positive [[]]self-talk is [[]]that you can call upon it during times of everyday anxiety and stress, or during times when things are spiraling out of

2024-07-06 21:27:39

97. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]you find yourself talking, or reacting, review what you learned in Chapter 3 about recognition. Much of the practice to turn negative self-talk into positive [[]]self-talk is [[]]to recognize, choose to suspend judgment, and then be deliberate about what you want your mind to focus on. Now proceed with

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98. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]list: What I can do to overcome my concerns: The tools/resources I possess: Stopping Negativity in Its Tracks Part of the power of positive [[]]self-talk is [[]]having something to offset a negative thought or negative reaction. As you move along the path of change, a worry will pop

2024-07-06 21:28:50

99. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]this routine at the beginning and end of every day, Leonard starts to find that the symptoms of his panic attacks are easing. His positive [[]]self-talk is



[[[[]]]]turning around his life. He is clearer and more focused at his job, and as a result he is making better decisions.

But now he knows he's got to break the cycle. He sits down in his kitchen and jots down on a pad a series of positive statements about himself.

"I'm good at my job. That's why I'm one of the youngest traders in the firm."

"Every day I make money for my clients by using my skills and knowledge."

"I have a great life—and with hard work and perseverance, I can keep it great."

He goes to the living room, his favorite room in the apartment. With some music playing very quietly in the background, he draws the curtains so the room is in partial darkness. Then he sits in a chair, comfortable and calm, breathing in and out, imagining all his stress and concerns flowing away from his body.

Softly he says his three mantras, repeating them over and over for five minutes. At the end, he spends another minute breathing calmly, enjoying the silence.

Repeating this routine at the beginning and end of every day, Leonard starts to find that the symptoms of his panic attacks are easing. His positive self-talk is turning around his life. He is clearer and more focused at his job, and as a result he is making better decisions. His boss now sees him as more confident and in control.

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100. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[[]]]]is just easier to give in to the negativity. But you can, with strength of mind, change

that. Moving from negative self-talk to positive self-talk is a choice. While you cannot control the events that happen to you, you can control your reaction to them. Step Out of

2024-07-06 21:30:27

102. Chase Hill - How to Stop Negative - Nieizviestnyi.txt heart rate and tensing muscles even though we are not experiencing what is going on in the scene. The difference between positive affirmations and positive self-talk is a subtle one. Positive affirmations are short phrases that we repeat, either verbally or in writing. Positive self-talk is a dialogue

The difference between positive affirmations and positive self-talk is a subtle one. Positive affirmations are short phrases that we repeat, either verbally or in writing. Positive self-talk is a dialogue we have with our subconscious. In both cases, the brain interprets what we say as being real.

A real-life example of how to use affirmations and self-talk would be to start your day with a positive affirmation.

For example, "I have the power to be positive." Throughout the day, you would have conversations with yourself that remind you to look for optimism and, more importantly, to remain positive when things don't go as planned.

I am going to include some examples of affirmations that can also be used as positive self-talk. It's very important that your affirmations and self-talk have meaning to you.

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113. Ian Tuhovsky - The Science of Self - Nieizviestnyi.txt self-affirmations, and so on. Isn't that, well, bullshit? Doesn't it sometimes become lying to yourself? No, actually, and here's why. Positive self-talk is not about telling yourself that you can do things that you can't. It's not about pretending that something is the

2024-07-06 21:33:35

114. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[[[]]]the positive self-talk examples frame things in a way that approaches things in an open-minded manner that allows for creative problem solving. Positive [[[]]]self-talk is [[[]]]curious, action-oriented, and probing; it's interested in feeling out the texture of life and learning how to work with it

But the positive self-talk examples frame things in a way that approaches things in an open-minded manner that allows for creative problem solving. Positive self-talk is curious, action-oriented, and probing; it's interested in feeling out the texture of life and learning how to work with it practically. It frames things, not in a naively optimistic way, but in a realistic cost-benefit analysis. By weighing the pros and cons practically, positive self-talk helps you make better decisions.

2024-07-06 21:33:53

115. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[[[]]]question about self-talk then is: Is it lifting you up or keeping you down? \* \* \* So, to recap. One of the biggest benefits of positive [[[]]]self-talk is [[[]]]simply the absence of the negative effects of negative self-talk. But positive self-talk also brings its own positive benefits, namely:

2024-07-06 21:34:10

116. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[[[]]]there. Point B is where you want to be. It's your goal. In fact, we already saw that one of the features of positive [[[]]]self-talk is [[[]]]that it empowers you to reach your goals, while negative self-talk impedes you. So we could characterize negative self-talk as

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2024-07-06 21:34:36

117. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[[[]]]knew that you carry around a voice in your head that disparages you and undermines your life. So perhaps the number one rule for positive [[[]]]self-talk is: [[[]]]Talk to yourself the way you'd talk to someone you love. Emotional Intelligence Emotional intelligence is an idea popularized by Daniel

2024-07-06 21:35:16

120. Kristen Helmstetter - Wine Self - Nieizviestnyi.txt[[]]you go, thinking happy and feeling happy—the ultimate combination for manifesting your magical life. The Power of Self-Love Another incredible benefit of positive [[]]self-talk is [[]]that it improves your self-love and your self-esteem, which changes the way you show up to the world every day.

2024-07-06 21:35:44

121. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]certain dangers, but again, that only takes place a rather small percentage of the time. On the other hand, true motivational self-talk, or positive [[]]self-talk, is [[]]that which actively encourages and supports us as we navigate life's challenges, aim for our goals or cope with difficulties. This

2024-07-06 21:36:17

122. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]ups and downs of life. Monitoring self-talk is the key to changing your emotions, behavior, perspective, and life potential. • Chapter 2. Good Versus Evil Positive [[]]self-talk is [[]]everything that helps us regulate our emotions, work through memories or complicated experiences, maintain awareness of ourselves and our world, and encourage

Positive self-talk is everything that helps us regulate our emotions, work through memories or complicated experiences, maintain awareness of ourselves and our world, and encourage ourselves as we deal with problems or challenging situations. It is the set of messages we constantly repeat in our heads over and over that help us see the optimism, joy, and hope in any given situation. This is the angel perched on our left shoulder, while the right shoulder has, well, the devil.

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123. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]And yet, many of us are experiencing this very reality every day, only it is self-inflicted and invisible. Meet Your Inner Critic If positive [[]]self-talk is [[]]so great and negative self-talk so harmful, why do so many of us engage in negative self-talk? What's the

f positive self-talk is so great and negative self-talk so harmful, why do so many of us engage in negative self-talk?

What's the source of this devastating little voice inside?

Some people have called it the “inner critic,” and it's that internal voice which criticizes, demeans, belittles or judges us, often with little respect for what is actually true. This voice shapes our identity, sense of worth and our belief in what's possible. You'll know the inner critic is speaking when its weapon of choice against you seems to be shame, guilt or fear.

It can be enlightening to think about where and why we first acquired this inner narrative voice. It's certainly not a choice. Your life experiences, the way you've been parented, social expectations, cultural norms and all the details of your unique context may set up this voice inside you.

The inner critic itself has been theorized to come from the internalized voices of others who at some point really did criticize or undermine you. If you are frequently told “you're useless,” it's no surprise that you would soon come to tell yourself the same thing, long after the words were first uttered. If you grow up in a culture or family environment that stresses competition, a scarcity mindset, or shame, then you may live as though this is a normal way to think and feel.

2024-07-06 21:38:10

124. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[[]]]when you could use it to actively reprogram yourself and move on from the unconscious programming you received as a child. In a way, positive [[[]]]self-talk is [[[]]]not some difficult and effortful task to master, but rather the shifting of all the ways your brain already maintains your self-

2024-07-06 21:38:30

125. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[[]]]that actually has no proof to support it at all. Remember, you don't have to go to the other extreme—the goal of positive [[[]]]self-talk is [[[]]]not to

become a narcissist who is incapable of accurately seeing their own faults. Rather, you are seeking moderation, balance, and a

2024-07-06 21:39:08

127. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[[]]]be a touchable reality when you first imagine it, but it is a future reality in the process of becoming real. That's what positive [[[]]]self-talk is: [[[]]]it's a picture of you as you choose to become—the picture of you you're telling your brain to create.

2024-07-06 21:41:21

128. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[[]]]right attitude. And I have the determination to stay with it and reach my goal.” Self-Talk Tip #3 More Than a Few Good Words Positive [[[]]]self-talk is [[[]]]more than just saying a few kind words to yourself now and then. It's much more than that. Positive self-talk

Positive self-talk is more than just saying a few kind words to yourself now and then. It's much more than that.

Positive self-talk is the best way we've ever found to rewire our brains with the right programs. Along with that, it's a way of getting rid of the wrong programs—the ones that continually work against us.

Practicing positive self-talk is also a way of living; it's an attitude you adopt that becomes an important part of who you are. It's a way of taking control of your life, who you are, how you think, the goals you set and how successful you are at reaching them.

As one definition puts it, self-talk is: “positive, self-directed, neuron patterning, personal mind-brain programming.”

We just call it self-talk.

131. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[[]]]friends who don't understand.) The most important thing about changing your self-talk, however, is not what someone else thinks about it. Practicing positive [[[]]]self-talk is [[[]]]about what you want to achieve: your

goals, your attitude, how you feel each day, and living up to the individual you

2024-07-06 21:42:41

132. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]is truly up to me.” Self-Talk Tip #14 With Positive Self-Talk, You Choose a Future that Works So much of the story of positive [[]]self-talk is [[]]filled with hope. Here’s an example: Is it possible that you get to choose your future, and make it a future

2024-07-06 21:43:21

133. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]look great, and live healthy. I motivate myself every day, and it shows.” Self-Talk Tip #16 Positive Self-Talk is More Than Positive Thinking Positive [[]]self-talk isn’t [[]]just about positive thinking; it’s about managing all of the thoughts that are being wired into your brain. Unlike basic ‘

2024-07-06 21:43:39

134. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]otherwise. Do this: Practice positive self-talk. While you’re practicing, ask yourself the question: Would I like to be the person that my positive [[]]self-talk is [[]]showing me? If that’s the person you want to be, and if you continue to talk to yourself in the most

2024-07-06 21:44:35

135. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]Your Lifelong Success It’s amazing how your self-talk, when you’re consciously aware of it, can change your day. The secret of positive [[]]self-talkers is: [[]]You’re going to go through the day anyway; but what you make of it is up to you. People who practice

2024-07-06 21:45:27

137. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]without thinking about it or knowing that we’re doing it, that proves anyone can do it. We’re all self-talking already. Practicing positive [[]]self-talk is [[]]doing what we’ve been doing all along, but this time changing the words—and getting it right. Doing that is a

2024-07-06 21:50:11

146. Flaxington, Beverly D - Self-ta - Nieizviestnyi.txt[[]]another option. By forcing yourself to write about other options, you can see that there are other possible outcomes. In times of trouble, if your [[]]self-talk is [[]]only focused on how horrible everything is, you

can't allow yourself the chance to recharge your batteries or find any positive

2024-07-06 21:51:09

147. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[[[]]]immediate experience. Examples: mindfulness, sports, martial arts, and anything that heightens awareness of your body and your senses. Sometimes, the best way to reform your [[[]]]self-talk is [[[]]]to learn how to change the station and listen to something else. Or just to turn the radio off altogether. More on

2024-07-06 21:51:30

148. Kristen Helmstetter - Coffee Se - Nieizviestnyi.txt[[[]]]you with that. Self-talk is essentially the dialog you run about yourself, the way you think about you, and the things you do. Your [[[]]]self-talk is [[[]]]the way you see yourself and refer to yourself. Do you think you're smart? Not smart? That's your self-talk.

2024-07-06 21:52:39

151. Kristen Helmstetter - Coffee Se - Nieizviestnyi.txt[[[]]]opportunity when you're less dependent on the conditions in your outer world, or when you're subject to the choices other people make. Your [[[]]]self-talk is [[[]]]important because what you think about yourself becomes your "truth." Your truth becomes your life, your destiny. In fact, how you feel

2024-07-06 21:53:05

152. Kristen Helmstetter - Coffee Se - Nieizviestnyi.txt[[[]]]or 10 minutes ago. The way you react and move forward is 100% UP TO YOU. Benefit #4: Coffee Self-Talk for Resilience You'll find that your [[[]]]self-talk is [[[]]]a healthy and "protective" habit because your emotions are easier to keep in check and not easily perturbed by external events or

2024-07-06 21:53:44

153. Kristen Helmstetter - Pillow Se - Nieizviestnyi.txt[[[]]]will sabotage the process. When you love yourself, only then can your heart and emotions be aligned with your conscious desires... your goals. And your [[[]]]self-talk is [[[]]]the best way to get there, building up your sense of self-worth and self-love so intensely that your heart and

2024-07-06 21:54:37



155. Kristen Helmstetter - Tea Time - Nieizviestnyi.txt[[]]attitudes about everything in the commentary that's always running in our mind. So we have self-talk every waking hour, 365 days a year. Your [[]]self-talk is [[]]the dialog you run in your head about yourself: the way you see yourself in the mirror, the way you think about

2024-07-06 21:55:16

158. Kristen Helmstetter - Tea Time - Nieizviestnyi.txt[[]]doesn't matter. Because you get to create a new you, starting today. With words. The words and thoughts you say about your life. Your [[]]self-talk is [[]]the key to your success. It's the key to your very own magical kingdom. Change the story of your life with

2024-07-06 21:56:22

160. Kristen Helmstetter - Tea Time - Nieizviestnyi.txt[[]]honor me. Tea Time #75 Language is the blood of the soul into which thoughts run and out of which they grow. Oliver Wendell Holmes Your [[]]self-talk is [[]]just that... the language in the blood of your soul, and it determines that which grows out of you. Wow... so pick

2024-07-06 21:57:38

164. Michal Stawicki - Power Up Your - Nieizviestnyi.txt[[]]A creation of your exuberant imagination. The best way to go about it is to habitualize your smiling. Why is it the best way? Your [[]]self-talk is [[]]habitual to the core. If you want to stand a chance against it, you need to use a similar weapon. For me,

2024-07-06 21:59:18

167. Michal Stawicki - Power Up Your - Nieizviestnyi.txt[[]]consciously worked to change it. My habitual response is now: "Right! But worthless or not, I'll do it anyway!" Ninety-nine percent of your [[]]self-talk is [[]]aimed for passiv-ity. The words in your head intend to keep you in check, so your fears prevail and you do

2024-07-06 22:00:12

168. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]ink and paper, or find that their "inner critic" is actually the voice of someone else they've taken on as their own. Whatever your [[]]self-talk is, [[]]you can consciously pause and watch it happen, and decide deliberately whether the stories you tell truly align with the goals you

2024-07-06 22:00:36

169. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]of your conscious and subconscious thoughts, along with the host of external influences that we encounter in our daily lives. If you see that your [[]]self-talk is [[]]not based in reality and is actively causing you harm while shutting out many good things in life, you can work toward

2024-07-06 22:01:06

171. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]want for ourselves. All you need to do is listen, a much easier task than it seems. The Key to Self-Awareness Just because your [[]]self-talk is [[]]running unconsciously, doesn't mean that it's not having an effect on your life. Why not take conscious control of a

2024-07-06 22:01:49

172. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]partly true. Others will be wildly exaggerated or completely false. But when you're upset, how do you know which is which? Properly appraising your [[]]self-talk is [[]]not very different from constructing a convincing and logical argument. Imagine yourself trying to poke holes in irrational narratives like a lawyer

2024-07-06 22:02:23

174. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]your self-esteem has actually improved? The most obvious way is to go by how you feel, and you may with time notice that your [[]]self-talk is [[]]shifting to better reflect a sense of self-respect and value. If you'd like a more quantitative measure, however, there are

The most obvious way is to go by how you feel, and you may with time notice that your self-talk is shifting to better reflect a sense of self-respect and value. If you'd like a more quantitative measure, however, there are many tests and psychological inventories designed to put an exact figure on various aspects of your self-concept.

These tests all have different theoretical underpinnings but will give you a handy way of tracking progress over time. Many of them are short and can be found online.

2024-07-06 22:03:43

175. Rachel Turow. The self-talk wor - Nieizviestnyi.txt[[]]become willing to fail. The journey involves action; it requires the lived experience of failing and tolerating failure. \* \* \* — If one of the flavors of your [[]]self-talk is [[]]a very low threshold for tolerating failure, I highly recommend sitting meditation (to be honest, I highly recommend sitting meditation for a

If one of the flavors of your self-talk is a very low threshold for tolerating failure, I highly recommend sitting meditation (to be honest, I highly recommend sitting meditation for a lot of stuff). Meditation, by which I mean any formal practice implementing a specific mindfulness technique such as paying attention to your breathing, involves practicing over and over again. Part of that practice is the art of refocusing. You try to focus, you lose focus, and you try to refocus without judging yourself for losing focus. Repeat. Repeat. Repeat. Repeat. Repeat again a thousand times.

2024-07-06 22:04:03

176. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]is foundational to key areas of life that influence weight and fitness—including your self-esteem, goals, attitude, and determination to succeed. All of your [[]]self-talk is [[]]important. The words you say, especially the words you say when you talk to yourself, not only change your day, they change

2024-07-06 22:04:31

177. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]brain's neuroplasticity, your brain is designed to continually rewire itself. And it rewires itself based on the input it gets. That's why your [[]]self-talk is [[]]incredibly important. Secret #1: The thoughts you think and the words you say physically and chemically change your brain. Your self-talk literally

2024-07-06 22:05:15

182. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]Think of a day when you were unstoppable, feeling great, and on top of the world. How did other people react to you? When your [[]]self-talk is [[]]on top, so are you. And that's how people treat you. Rule #3: The world treats you like you treat yourself. March 1 “

2024-07-06 22:08:15

184. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[[]]]Practice of ‘Editing’ Your Self-Talk One of the three key steps for changing your programs is ‘editing’ what you think and say. Editing your [[[]]]self-talk is [[[]]]extremely important, and once you get the hang of it, it isn’t difficult to do. (For all three steps to changing

2024-07-06 22:08:46

positive self talk - коллокации

Отметим для себя слова help и change

AntConc

File Edit Settings Help

Target Corpus

Name: Self Talk Guides

Files: 31

Tokens: 1377351

Adam Feel - Overthink

Andrea Bonior - Detox

Benjamin Cooper - Eli

Beverly Flaxington - S

Chase Hill - How to St

Cynthia Kane - Talk to

Davis, Lynn R - Delive

Derek Borthwick. Hov

Dorothy Cantor, Carol

Flaxington, Beverly D

Ian Tuhovsky - The Sc

Joe Oliver, Richard Be

John Mason - Self-Tal

Kam Knight - Self-Tal

Katie Krimer - Sh t I S

Kim Fredrickson - The

Kristen Helmstetter - C

Kristen Helmstetter - F

KWIC

Plot

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Cluster

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Collocate

Word

Keyword

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Collocate Types 815

Collocate Tokens 5860

Page Size 100 hits

1 to 100

	Collocate	Rank	FreqLR	FreqL	FreqR	Range	Likelihood	Effect
1	self	10	84	51	33	12	51.145	1.287
2	talk	13	77	58	19	10	67.614	1.593
3	practice	14	74	64	10	8	220.572	3.451
4	positive	22	45	15	30	9	66.424	2.186
5	help	26	37	4	33	9	41.668	1.853
6	day	32	30	14	16	5	18.272	1.291
7	negative	33	28	23	5	9	15.169	1.207
8	life	34	27	9	18	11	0.004	0.018
9	learn	36	26	16	10	5	29.391	1.858
10	change	43	22	5	17	9	8.292	0.985
11	yourself	43	22	7	15	8	1.263	0.359
12	step	50	20	15	5	3	24.344	1.944
13	choose	50	20	10	10	6	28.839	2.157

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positive self talk

Start ☒ Adv Search

Sort by Frequency(LR) ☐ Invert Order

Progress 100%

Коллокация – help для positive self talk

2024-07-06 22:09:31

2. Phil Willingham - The most powerful - Nieizviestnyi.txt[[]]and pure. When I left the restaurant that day, I still faced some negative circumstances and uncertainty about my future, but I was confident that [[]]positive self talk [[]]would help me maintain a better outlook on life than negative self talk. It is my desire to help others discover this

2024-07-06 22:09:59

4. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]not. Many studies show that when you're ill, a positive mindset can lead to a remission of the disease. At a minimum, engaging in [[]]positive self-talk [[]]will help you frame the situation in your life a bit more positively. The events you're confronting are just that—objective

2024-07-06 22:12:24

10. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]Self-Talk Tip #29 The Right Self-Talk is also Practical Self-Talk The right kind of self-talk is positive, but it's also practical. [[]]Positive self-talk [[]]helps you see the world in a brighter way, but it also makes sure you are realistic, clear-minded and level-headed

2024-07-06 22:12:42

11. Adam Feel - Overthinking How to - Nieizviestnyi.txt[[]]coming from our friends who have given up on life. The reality is that stress can get the best of you if you surrender. Practicing [[]]positive self-talk [[]]can help you realize that stress comes and goes. It is a common thing that everybody experiences. Therefore, there is no need

2024-07-06 22:56:06

12. Adam Feel - Overthinking How to - Nieizviestnyi.txt[[]]leads to many diseases including cardiovascular diseases such as stroke. Therefore, by practicing positive self-talk, you will be protecting your heart. Boost Your Performance [[]]Positive self-talk [[]]can also help boost your performance in anything that you do. There are times when you find yourself feeling tired and dejected.

2024-07-06 22:56:35

13. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]the job-hunt process, you may want to do this exercise several times a day. Each time you face defeat, turn to one of the [[]]positive self-talk [[]]statements that help you cope with it. As you prepare for an interview, sit quietly and picture the positive outcome you want

2024-07-06 22:58:07

17. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]interactions with negative people in our lives, and even refrain from it altogether if required. • Many of our habits, when cultivated properly, can help reinforce [[]]positive self-talk [[]]in our lives. For example, learning to be grateful is a great way to increase our overall happiness. Maintain a gratitude journal

2024-07-06 22:59:58

20. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]"to be happier when I lose this weight and have a healthy lifestyle." Jocelyn reviews her list to see what choices she has and how [[]]positive self-talk [[]]can help her. In the past when she was tired or depressed, she sat down in her kitchen and ate—usually something

2024-07-06 23:02:01

23. Flaxington, Beverly D - Self-ta - Nieizviestnyi.txt[[]]takes into account problems and disappointments from your past. Write your thoughts about how you would like it to look in your journal. Now choose [[]]positive self-talk [[]]to help guide you and keep you on track. Review the list here, or make up a few statements of your own. “

It's better to be clear from the start about what you want. What qualities in a loved one really matter to you? What do you want him to care about? What values do you want her to have? What do you want to do together? What questions do you want to ask her? What do you want your parents to think when they meet him? Paint a picture that is clear and specific and that takes into account problems and disappointments from your past. Write your thoughts about how you would like it to look in your journal.

2024-07-06 23:03:48

27. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]practiced and you have begun to wear as your own, but you can choose at any time to uninvite them and make a different choice. [[]]Positive self-talk [[]]can help you do this. When it comes to stress, here are some of the positive self-talk options you have available

Next, think about these negative reactions as “visitors.” The physical reactions you have are temporary residents in your body, but they don't

really belong to you. The situations may be real, but the stressful automatic responses are not. These are learned behaviors. They are reactions you have practiced and you have begun to wear as your own, but you can choose at any time to uninvite them and make a different choice. Positive self-talk can help you do this.

When it comes to stress, here are some of the positive self-talk options you have available to you. You will want to call upon these when you know you are entering into a stressful situation or when your body reminds you that a negative visitor has taken up residence there.

2024-07-06 23:04:21

29. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[[]]]planning mode. Often when people need to take care of themselves most, they focus on it the least. Here is another place where turning to [[[[]]]positive self-talk [[[[]]]can help calm you and redirect your energies. The cycle goes like this: You feel stressed about events. You don't take

One of the ways that stress does damage is that in response to it many people stop taking care of themselves. They don't exercise or eat well. They lose sleep. They are too preoccupied or too busy to seek out friends or companions. They are in react mode as opposed to a deliberate planning mode.

Often when people need to take care of themselves most, they focus on it the least. Here is another place where turning to positive self-talk can help calm you and redirect your energies. The cycle goes like this: You feel stressed about events. You don't take care of yourself. You talk to yourself about how stupid you are that you don't take care of yourself. "I know I should get to the gym to alleviate my stress, but I am too wiggled out to do so."

You know the choices you are making are not the right ones for you, but negative self-talk moves in again and reminds you that you need to behave the way you do, that you can't do anything better, and that this is all there is.

2024-07-06 23:05:02

31. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]all, setting a goal of working out six days a week for an hour is probably unrealistic. Focus on reasonable, believable, and practical. Now, develop [[]]positive self-talk [[]]statements to help you with your efforts. These will be different depending on the goal you have chosen. If you have worked

2024-07-06 23:12:49

positive self-talk + change

2024-07-06 23:13:12

1. Kristen Helmstetter - Wine Self - Nieizviestnyi.txt[[]]this one thing, self-talk, be so powerful? As I described above, it's because self-talk changes the way you think about yourself. Your [[]]positive self-talk [[]]changes the way you think about the world. It changes how you interact with the world. It changes what you attract into

2024-07-06 23:13:30

2. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]strengths and your past successes. When you use self-talk in a positive way, it gives you a much-needed boost. Changing from negative to [[]]positive self-talk [[]]doesn't alter any facts about your situation. What it changes is your attitude, giving you more power to deal with things.

2024-07-06 23:13:52

4. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]unlimited brains. And we replace our dreams with limitations. We could have done almost anything, but we got wired to do something less. Thanks to [[]]positive self-talk [[]]we can change that. Because we can change our programs, and rewire our brains with the right self-talk, we can bring

But all too soon we're told—by people around us—what won't work and what we can't do, and our brain starts to wire those messages in as though they're true—even if they weren't really true when we first heard them. In time, many of those disbelieving messages become permanently wired into our once unlimited brains. And we replace our dreams with limitations. We could have done almost anything, but we got wired to do something less.



Thanks to positive self-talk we can change that. Because we can change our programs, and rewire our brains with the right self-talk, we can bring some of those old dreams back to life—or create new dreams that are just as good. And this time we won't let anyone take them away.

2024-07-06 23:15:38

5. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[[]]or make you paranoid that he or she is unfaithful. It may even be subtle. For instance, if you're working on making changes through [[]]positive self-talk, [[]]they'll notice that your attitude has become more positive and respond by amping up their negative chatter to fill your head

2024-07-06 23:16:03

6. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[]]for the opportunity in the change, I find a way to learn and grow because of it, and I make it work." Self-Talk Tip #17 [[]]Positive Self-Talk [[]]Changes the 'Shape' of Your Brain People who practice thinking positively, physically reshape their brains by changing what they think. Research has

2024-07-06 23:17:23

9. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]reaction to your resentment. While your anxious mind ruminates over what's gone wrong, the other person is thinking that you are the problem. Using [[]]positive self-talk [[]]here and changing the dynamic of the conversation is good for you personally, as well as for your relationship. Practice, Practice, Practice!

2024-07-06 23:18:18

14. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]person and trying to convince her why you can't do what you know you should do. In this next section, you will use your [[]]positive self-talk [[]]to change the behavior. First, set a goal for yourself that is reasonable, believable, and practical. For instance, you might set a

2024-07-06 23:19:19

benefit

2024-07-06 23:19:33

2. Kristen Helmstetter - Pillow Se - Nieizviestnyi.txt[[]]you power! It gives you control over your life. Benefit #2: The Self-Love Transformation Self-love is, without a doubt, the most important benefit

of positive self-talk. I'm listing it here as number two because the first benefit, peace of mind, can happen right away. And, yes, for  
2024-07-06 23:20:15

5. Nick Trenton - Transform Your S - Nieizviestnyi.txt talk, the choice to change is an obvious one. Benefits of positive self-talk So far, we've been considering the most obvious benefit of positive self-talk: it makes us feel good. Supportive, compassionate, and encouraging self-talk understandably strengthens self-esteem. Though we often seek validation from others,

Though we often seek validation from others, positive self-talk allows us to motivate ourselves. But there are more benefits, the main one being a reduction of stress levels.

2024-07-06 23:21:41

6. Nick Trenton - Transform Your S - Nieizviestnyi.txt health issues like depression, PTSD, stress, anxiety, poor self-esteem, and aggression (see Leung and Poon, 2000; Owens and Chard, 2001; Kendall and Treadwell, 2007). The benefits of positive self-talk are so wide-ranging because the neurotransmitters associated with such thoughts (for example serotonin, dopamine and GABA) affect every part of the

The benefits of positive self-talk are so wide-ranging because the neurotransmitters associated with such thoughts (for example serotonin, dopamine and GABA) affect every part of the body. This is another aspect of neuroplasticity we reserved for this chapter. Most of us think of emotions as abstract, airy things, but they have a physiological reality in our bodies, regulating our feelings of well-being, motivation, energy levels, interest in life and ability to relax and feel good about ourselves.

The system goes both ways: neurotransmitters affect how we think and feel, but thoughts and feelings in turn can affect neurotransmitter levels—which then go on to have an effect on every bodily system. Thoughts are first converted into electrochemical signals in the brain, which is then stimulated to release hormones and neurotransmitters that

travel throughout the body, affecting the structure and function of every tissue and organ.

2024-07-06 23:22:07

7. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[[]]]get past this bias and see things the way they are so that we can improve accordingly.

- There are many benefits of engaging in more [[[]]]positive self-talk. [[[]]]Several studies have looked into the matter and concluded that those who are more positive perform better at work and sports, are

2024-07-06 23:22:43

8. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[[]]]creating. If you're not listening to a recorded self-talk session while you're working out, you can still benefit by focusing on the [[[]]]positive self-talk [[[]]]you want to wire in. Either way, try replacing casual music listening, or a random, wandering mind while you're exercising, with

If you're not listening to a recorded self-talk session while you're working out, you can still benefit by focusing on the positive self-talk you want to wire in. Either way, try replacing casual music listening, or a random, wandering mind while you're exercising, with strong, active, positive self-talk. When you come to the end of your session, you won't just have improved your body; you will have improved your brain.

2024-07-06 23:23:39

10. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]In fact, this will make the potential for conflict worse. At some point the situation will force you to address it. The benefit to learning [[[]]]positive self-talk [[[]]]as a tool to resolve conflict is that most people feel much better once they have been able to address a problem,

There are many reasons people avoid conflict. Some people want to be liked. Some are afraid the volatility of the person they're interacting with will spark a conflict. Some don't know what words to use and may vacillate from over-aggressive in their comments to overly nice and unclear. It may feel easier to say "If I ignore the situation, it will just go

away” or “Nothing is going to change anyway so what difference does it make?” In fact, this will make the potential for conflict worse.

At some point the situation will force you to address it. The benefit to learning positive self-talk as a tool to resolve conflict is that most people feel much better once they have been able to address a problem, receive criticism, and then move on.

2024-07-06 23:24:18

13. Shad Helmstetter - 365 Days of - Nieizviestnyi.txt[[[]]]Extra Help for Practicing Self-Talk When you’re practicing positive self-talk, here’s something that will help. One of the benefits of reading [[[]]]positive self-talk [[[]]]every day is that it gives you a pattern to follow—a style of self-talk you can adapt and apply to

2024-07-06 23:25:05

negative self talk – коллокации

AntConc

File Edit Settings Help

Target Corpus

Name: Self Talk Guides

Files: 31

Tokens: 1377351

Adam Feel - Overthink

Andrea Bonior - Detox

Benjamin Cooper - Eli

Beverly Flaxington - S

Chase Hill - How to St

Cynthia Kane - Talk to

Davis, Lynn R - Delive

Derek Borthwick. Hov

Dorothy Cantor, Carol

Flaxington, Beverly D

Ian Tuhovsky - The Sc

Joe Oliver, Richard Be

John Mason - Self-Tal

Kam Knight - Self-Tal

Katie Krimer - Sh t I S

Kim Fredrickson - The

Kristen Helmstetter - C

Kristen Helmstetter - F

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Collocate Types 1150

Collocate Tokens 9774

Page Size 100 hits

1 to 100

	Collocate	Rank	FreqLR	FreqL	FreqR	Range	Likelihood	Effect
1	self	16	82	26	56	11	9.339	0.514
2	judgment	17	80	51	29	2	364.358	4.653
3	talk	22	71	26	45	11	15.883	0.738
4	positive	25	63	28	35	9	76.174	1.934
5	our	27	62	48	14	7	26.261	1.050
6	yourself	34	46	27	19	8	8.954	0.685
7	negative	34	46	19	27	11	24.142	1.186
8	engage	42	36	32	4	8	135.468	4.061
9	think	46	35	21	14	9	3.664	0.492
10	life	49	33	22	11	11	3.265	-0.430
11	learn	51	31	14	17	6	21.015	1.374
12	identify	51	31	19	12	6	88.762	3.362
13	write	62	26	20	6	5	22.158	1.570
14	...	64	25	21	4	8	28.025	1.840

Search Query

☐ Words ☐ Case ☐ Regex

Window Span From 5L To 5R

negative self talk

Start

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Sort by

Frequency(LR)

☐ Invert Order

Progress 100%

Отметим коллокации engage и identify

2024-07-06 23:25:08

Коллокация - engage\* для negative self talk

2024-07-06 23:25:25

1. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[[[]]]Talk.” Take note of your positive and negative self-talk as you go about your day or your week. Whenever you find yourself engaging in [[[]]]negative self-talk [[[]]]like “I’m always late” or “I suck,” write down your thoughts in the dysfunctional list. And whenever you find yourself engaging

2024-07-06 23:26:09

2. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[[[]]]presentation”), write down those thoughts, too. At the end of the day or week, go over your lists. Did you engage more in positive or [[[]]]negative self-talk? [[[]]]How do you feel when you read each list? Tally it up and take note of whether or not you have more

2024-07-06 23:26:30

3. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[[]]]shoulder, while the right shoulder has, well, the devil. Positive self-talk sounds simple, but the fact is that so many people consistently engage in [[[]]]negative self-talk [[[]]]despite desperately wanting to do better. We end up internalizing negative and irrational messages about who we are, the way we act,

2024-07-06 23:26:58

4. Maryse Cardin - 5-Minute Mornin - Nieizviestnyi.txt[[[]]]the person that I am, and I respect the efforts that I make. Under no circumstances do I neglect or abuse myself by engaging in [[[]]]negative self-talk, [[[]]]ignoring self-care, or putting everyone else ahead of me. I protect and stand up for myself, showing up stronger with every

2024-07-06 23:27:19

7. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[[]]]Important! When you start to understand your responses and reactions, don’t take it as an opportunity to beat up on yourself or engage in [[[]]]negative

self-talk. [ ] Instead, approach this as a scientist. When you are first trying to learn and assess, you're not making judgments; you are

2024-07-06 23:33:03

12. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt [ ] Judgment: The Accomplice of Negative Self-Talk 47 Key Ideas • Negative self-talk is always accompanied by judgment. When you notice that you are engaging in [ ] negative self-talk, [ ] see if you can find the accompanying judgment. • There are seven common expressions of negative self-talk. Each expression comes with its

2024-07-06 23:35:03

13. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt [ ] have noticed something about all the examples of negative self-talk, both your own and the ones in this book. When you're engaging in [ ] negative self-talk, [ ] you're not doing yourself any favors. You're overly critical of everything; you're shooting down all your own ideas, undermining

2024-07-06 23:35:50

14. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt [ ] the practice of listening to yourself is so important: you cannot change what you do not observe. After you identify that you are engaging in [ ] negative self-talk, [ ] the next practice is to explore where this talk is coming from. This means that you will start to chase down your

After you identify that you are engaging in negative self-talk, the next practice is to explore where this talk is coming from. This means that you will start to chase down your judgments and the beliefs that support them, as these are always the underlying causes of self-flagellation. These judgments may come from an old wound or a defense mechanism that may have been necessary at one time in your life, but is no longer serving your highest good. When you explore the negative self-talk, you may be able to follow it back to the source of the belief and judgment that gave rise to it in the first place. This allows you to fix the problem at its root. The exploration process also gives you a certain amount of analytical detachment and distance from the self-talk so you can move forward in the process of shifting how you speak to yourself without frustration or fear.

2024-07-06 23:36:29

15. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt[[]]inducing than others. For some people, their work life is great but they haven't met the person of their dreams, so they engage in [[]]negative self-talk [[]]when they get home feeling lonely and unwanted. Others find that anxiety permeates everything they do. Others have a terrible boss or  
2024-07-06 23:37:01

17. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]about the benefit of positive and healthy self-talk, the fact is that there is a lot to be gained from simply not engaging in [[]]negative self-talk. [[]]Negative self-talk does most damage when we are not aware of it, and don't acknowledge our own part in maintaining  
2024-07-06 23:37:44

19. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[]]to discover how we actually speak to ourselves rather than how we believe we do. In other words, many people are surprised at how much [[]]negative self-talk [[]]they actually engage in once they learn to listen to themselves and notice it in all its manifestations. As I mentioned earlier  
2024-07-06 23:38:01

20. Nick Trenton - Transform Your S - Nieizviestnyi.txt[[]]However, the opposite is true. It only makes that outcome more likely, and remembering that can help us refrain from engaging in this type of [[]]negative self-talk. • [[]]Filtering Filtering involves excluding all positives while focusing overwhelmingly on negative details, as if you were wearing glasses that filtered out the  
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22. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[]]than trying not to judge, commit to discovering the origin of your judgment and any beliefs hiding underneath it. • When you notice yourself engaging in [[]]negative self-talk [[]]and judgment, see if you can find out where the judgment and underlying beliefs are coming from. Likely spheres of influence are

When you notice yourself engaging in negative self-talk and judgment, see if you can find out where the judgment and underlying beliefs are coming from. Likely spheres of influence are past experience, societal influence, or scarcity.

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23. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[]]completely false, because she believed it without question her suffering continued to grow. This happens to the best of us. Once we are engaged in [[]]negative self-talk [[]]and judgment, our minds get on a treadmill of negative thinking. The mind continues coming up with more and more stories that

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24. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[]]of questioning is to untangle the facts of reality from any make-believe story we are telling ourselves about them. When we are engaged in [[]]negative self-talk, [[]]it's often our created story that isn't true, and believing our untrue stories is what makes our suffering worse. When

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25. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[[]]what they believed was the truth or not. This is also our goal with this practice. Three Revealing Questions Anytime you hear yourself engage in [[]]negative self-talk, [[]]I invite you to ask yourself the following questions in rapid secession: 1. What judgment am I making? 2. What story am I telling

Anytime you hear yourself engage in negative self-talk, I invite you to ask yourself the following questions in rapid secession:

1. What judgment am I making?
2. What story am I telling myself as a result of this judgment?
3. What do I know to be true?

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27. Adam Feel - Overthinking How to - Nieizviestnyi.txt[[]]your self-talk. If you constantly talk about negative things with those around you, then there is a likelihood that you will also engage in [[]]negative



self-talk. [ ] There are probably numerous times where you've heard people say that you become what and how you think. Therefore, if you

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31. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt [ ] Then, with all your negative self-talk and judgment in mind, say the following statement aloud: I forgive myself for judging myself and for all [ ] negative self-talk [ ] that I engaged in as a result. We all say things from time to time that aren't helpful or accurate, and

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Коллокация identif\* к negative self talk

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3. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt [ ] everything you have ever said to yourself out loud was kind, truthful, or helpful. There are a few key ways of identifying negative What Is [ ] Negative Self-Talk [ ] and How Does It Manifest in Our Lives? 21 self-talk when you are speaking to yourself aloud. When I work with clients,

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11. Nick Trenton - Transform Your S - Nieizviestnyi.txt [ ] negative and positive. • Chapter 3. All You Need to Do Is Listen To engage in better self-talk, the first step is to identify and correct [ ] negative self-talk [ ] as it happens. It can sometimes be hard to distinguish between negative self-talk and self-criticism that can actually be conducive

To engage in better self-talk, the first step is to identify and correct negative self-talk as it happens. It can sometimes be hard to distinguish between negative self-talk and self-criticism that can actually be conducive to growth. The goal here is to retain the latter while excluding the former so that we can attune ourselves to reality and improve our self-esteem.

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12. Beverly Flaxington - Self-Talk - Nieizviestnyi.txt [ ] every day." Or "I take the steps I need to take to remove negative self-talk from my life." Resolve how you will capture your [ ] negative self-talk [ ] and

identify it throughout the day. What method will you use to keep track of it? Your Personal Plan If you haven't

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18. Cynthia Kane - Talk to Yourself - Nieizviestnyi.txt[ ]attaching to it will make you feel better immediately, and in this way your listening practice will be helpful in and of itself. Once the [ ]negative self-talk [ ]is identified, you can proceed to the next steps on the Middle Path of Self-Communication, either just after you notice the

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19. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[ ]confidence, and your outcomes in areas of your life. Chapter 11 – What's in a Pronoun? In the previous chapter, we talked about how identifying your [ ]negative self-talk [ ]as another person's voice can help create distance from it, so you don't identify it with yourself and get caught

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20. Ian Tuhovsky - The Science of S - Nieizviestnyi.txt[ ]time in spaciousness. The most immediate reason meditation helps is that it changes your relationship to your thoughts. It allows you to dis-identify with [ ]negative self-talk. [ ]In meditation, you learn to just let your thoughts be without accepting or rejecting them. So negative self-talk becomes neutral, neither

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