FOUR EXAMPLES OF SELF-TALK

NEGATIVE SELF-TALK

POSITIVE SELF-TALK

Source: Mayo Clinic. Positive thinking: Stop negative self-talk to reduce stress [Internet]. Rochester (MN): Mayo Clinic; [cited 2024 Dec 2]. Available from: https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950

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