MY NEGATIVE SELF-TALK WHILE STUDYING

As you are studying become aware of your negative self-talk. What are you saying to yourself that is negative and discouraging?

Usually these statements start with the words "I can't…" "I don't…" and "I'm not…"
(for example: "I can't handle this," "I don't have what it takes," "I'm not smart enough").

Every time one of these negative self-statements comes up for you write it down: