# How to Flip the Script from Negative Self-Talk and Thoughts

Negative self-talk and thoughts can distract you daily. It can make life difficult if you are unable to get rid of it. That’s why it is important to flip the script.

This guide will show you how to do that. By the time you’re finished reading, you’ll have an idea of what to do whenever that negative thought or saying creeps up. The good news is that you have the power to control it all.

And by the way, negative thoughts do come out in the form of what you say. That’s something to keep in mind. With that said, let’s dive right in.

## Self-Awareness is Key

One of the most crucial things to help you flip the script is self-awareness. You need to be aware of what’s causing these negative thoughts and beliefs. When they pop up, catch yourself and pause for a moment.

For example, if you’re about to say “this is too hard, I can’t do it”, flip it around and say, “I know it’s a challenge. But I can get it done”. See how that works?

## Practice Positive Affirmations Regularly

It’s no secret that positive affirmations can be a powerful tool in helping you flip the script. Regular practice will also ensure that it’s reinforced in your mind. You can include such affirmations like “I am capable” or “I am worthy of success”.

Another good one is “I am in control of my thoughts and feelings”. Over time, you’ll have the ability to create your own affirmations.

## Seek Support When Needed

If push comes to shove, it is important to seek support from friends, family, even mentors. They will be the ones who will provide you with positive reinforcement. Keep in mind that this should not be confused with seeking external validation.

You may be looking to achieve something and you feel stuck. With that in mind, don’t be afraid to seek support. And don’t view it as a sign of weakness - but rather a strength.

## Final Thoughts

Negative self-talk and thoughts can be eliminated with the help of these three key steps you can take. You’ll be able to practice self-awareness to a point where you can catch yourself saying or thinking negatively and turning it around.

Plus, with positive affirmations, it will reinforce that positivity you can excuse from the inside and out. Try these out and you will feel quite a difference over time.