

Positive Self-Talk Skill Worksheet

Use realistic, compassionate, and effective self-talk - not forced positivity - to support emotion regulation and action.

Notice the current self-talk

Situation: _____

Automatic thought or phrase:

Emotion and intensity (0-100): _____

Check accuracy and usefulness

What facts support this thought?

What facts are missing or point to a more balanced view?

Does this wording help me act effectively? Yes / No / Unsure

Create a balanced statement

Write something accurate and compassionate that acknowledges difficulty without exaggeration or false reassurance.

Positive Self-Talk Skill Worksheet - Practice & Reflection

Try three versions

Fact-based:

Compassionate:

Action-focused:

Choose one statement to practise

Emotion intensity after repeating it slowly (0-100): _____

What action becomes easier when I use this statement?

Positive self-talk should not deny danger, injustice, loss, symptoms, or the need for professional help.

Evidence & safety note. This worksheet supports practice of DBT emotion-regulation skills described in Linehan's DBT skills framework. It is educational and is not a diagnosis, outcome measure, or substitute for comprehensive DBT or emergency care. Use safety planning and qualified professional support when risk, trauma, severe symptoms, or medical concerns are present.