

## MOTIVATIONAL and STRESS REDUCING SELF-TALK

### *Questions and Comments to Help You Deal with Your Weaker and More Stressful Moments in Healthier Ways*

Coaching ourselves is easier when we have a good repertoire of empowering leverage phrases, healthy motivational questions, and impactful thoughts to consider right at our fingertips. In the midst of a stressful moment, such insight can help shift the mind's focus and provide the dialog for talking ourselves back to a healthier state of mind. Thus, when needing to control our emotions, healthy self-talk provides resourceful direction.

The contents of this supplement can help improve a mood or attitude, which will assist us in being more open for applying a healthier approach to our thinking. Do revisit this supplement link from time to time, as we will be updating it with additional self-talk suggestions.

Please note that the leverage phrases and helpful questions are designed to examine stressful issues at hand. They may not have much impact on your thinking outside a particular stressful situation, but will come alive when you are in the midst of healthy stress scenarios. As you read the list, place an X in front of the statements or questions that you already employ for strengthening your endurance to healthy stress. Underline ones you haven't used before and try to memorize them. Such memorization should increase your chances for recalling and applying such self-talk while in the midst of healthy stress scenarios.

### EMPOWERING LEVERAGE PHRASES

In the midst of a stressful situation, speaking one or several of these phrases to ourselves earnestly can help provide necessary leverage.

- 1. Strong anxious sensations can cause me a lot of trouble if I don't control them!
- 2. My mind is stressing and making this seem harder than it really is!
- 3. I know I can think smarter than this!
- 4. I know I can do this right!
- 5. Please give me strength!
- 6. I have a good head on my shoulders. I know I need to use it carefully!
- 7. Improving this habit is too new for me to take any chances!
- 8. My emotions are on fire, but I will continue to control them!
- 9. This is hard!
- 10. Responsible behavior is sometimes stressful. That's just the way it is.
- 11. Staying with such a difficult challenge isn't easy!
- 12. That would be insane to do/not do!
- 13. My mind is stressing and making this seem worse than it really is!
- 14. Don't throw caution to the wind!
- 15. Don't do this! Please don't do it!
- 16. Keep calm! Keep calm!
- 17. It's not time to panic yet!
- 18. I am feeling the stress on healthy pain and must accept if I want to improve!

## HEALTHY MOTIVATIONAL QUESTIONS

By earnestly asking ourselves the right questions, when dealing with healthy stress, it can help shift our minds to a healthier standpoint.

- 1. I haven't built enough tolerance yet. Am I still working on it?
- 2. Is this a stable idea or decision?
- 3. Do I need relief before I really try?
- 4. What will I really gain by doing that instead?
- 5. Am I being arrogant about this and rebellious for the wrong reason?
- 6. Am I being easily persuaded or skillfully wise?
- 7. Am I sustaining effort to endure pressure or am I too easily avoiding it?
- 8. Do I recognize that I have a problem here that I need to address?
- 9. How often do I just go along with my impulses without even trying to avoid them?
- 10. How well do I grasp real logic about this?
- 11. Am I trying hard enough to calm myself in healthy ways?
- 12. I can see this is a catalyst point. What do I usually do wrong here?
- 13. Do I have such little concern for my health and well-being?
- 14. With sensitive issues, am I thinking carefully before I react— or am I just reacting?
- 15. What would be the healthiest thing to do here?
- 16. Could my mind be overdramatizing?

## IMPACTFUL THOUGHTS

Having the right kind of weapons, ammunition, and enough of them help us win battles. Add these impactful thoughts to the empowering leverage phrases and healthy motivational questions for an arsenal in your mind that is well prepared for enduring healthy stress.

- 1. Strong sensations can get me into a lot of trouble if I don't practice control!
- 2. I must realize that my most satisfying choices aren't usually my healthiest ones!
- 3. The mind can easily feel a sense of opportunity and entitlement, inappropriately!
- 4. Watch what I allow myself to get anxious about.
- 5. My own mind can lead me right into the trap of stupidity, if I don't control myself!
- 6. Watch that I don't let my mind convince me that a lure is something worthwhile!
- 7. I'm imagining a STOP alarm going off in my head warning me to avoid this!
- 8. Learning more basics about enduring healthy stress can help me better apply it.
- 9. Be careful not to shoot the messenger of well-intentioned meaningful forewarnings!
- 10. I know enough about harmful emotions to carefully control these feelings!
- 11. This is not something I can ignore, if I want to ward-off problems!
- 12. Watch that I don't think too repetitively about the wrong things.
- 13. I can't just do whatever my emotions want to do and improve my EQ!
- 14. I must remember that I am the custodian of my mind and body.
- 15. Even though this is healthy to do, it feels ruthless, insane, and grotesque to my childish emotional state of mind at the moment.
- 16. There can be particular understanding that I don't have about my mind, yet I expect strength and control to just be there for me without learning more. I need to take time and learn more!

*“The most difficult thing in any negotiation, almost, is making sure that you strip it of the emotion and deal with the facts.”*

Howard Baker, American politician and diplomat, most known for brokering compromise, enacting legislation, and maintaining civility. (1925 - 1914)