

Negative & Positive Words

This tool is a way of realising how the words you use to describe yourself can impact your feelings and wellbeing. It also helps identify how often you treat yourself with criticism rather than compassion.

 Self-Criticism
  15 Minutes
  Starter

Useless	<input type="checkbox"/>	Incompetent	<input type="checkbox"/>	Ugly	<input type="checkbox"/>
Indecisive	<input type="checkbox"/>	Unlikable	<input type="checkbox"/>	Unwanted	<input type="checkbox"/>
Foolish	<input type="checkbox"/>	Inferior	<input type="checkbox"/>	Inadequate	<input type="checkbox"/>
Lazy	<input type="checkbox"/>	Unreliable	<input type="checkbox"/>	Unhealthy	<input type="checkbox"/>
Weak	<input type="checkbox"/>	Cowardly	<input type="checkbox"/>	Messy	<input type="checkbox"/>
Stupid	<input type="checkbox"/>	Aimless	<input type="checkbox"/>	Worthless	<input type="checkbox"/>

Lovable	<input type="checkbox"/>	Competent	<input type="checkbox"/>	Courageous	<input type="checkbox"/>
Admirable	<input type="checkbox"/>	Fun	<input type="checkbox"/>	Empowered	<input type="checkbox"/>
Beautiful	<input type="checkbox"/>	Inspiring	<input type="checkbox"/>	Complete	<input type="checkbox"/>
Appreciated	<input type="checkbox"/>	Reliable	<input type="checkbox"/>	Healthy	<input type="checkbox"/>
Strong	<input type="checkbox"/>	Powerful	<input type="checkbox"/>	Confident	<input type="checkbox"/>
Clever	<input type="checkbox"/>	Trusting	<input type="checkbox"/>	Worthy	<input type="checkbox"/>

Full Instructions

1. Look at the words on the first sheet and allow each one to sink in. Imagine they apply to you and notice how they make **you feel**. Do they impact your mood? Give each one a score from -10 to 10.

Makes me feel really bad	Makes me feel quite bad	Has no impact on my mood	Makes me feel quite good	Makes me feel really good
-10	-5	0	5	10

2. Now look back at the worksheet. Some of these words might be quite familiar to you. Have you ever named yourself like that? If so, **circle them**.

*These are your **self-critical thoughts**. Think about other words you use when you are self-critical. You can write them down on the side.*

3. Now do the same for the second sheet. Listen to yourself and imagine these words apply to you. How do they make **you feel**? Give each one a score from -10 to 10.

4. Do the same reflection. Are any of these words familiar to you? Do you consider yourself to be like that? If so, **circle them**.

These are self-affirmations.

5. Now look back at both sheets. How many of the '**negative words**' and how many of the '**positive words**' do you usually use to describe yourself. Is there a **gap**?