



How to Change Your Attitude with Positive Self Talk

How to Change Your Attitude with Positive Self-Talk

If you find that you often slip into negative moods, you're probably thinking that an attitude adjustment might help you. After all, a positive attitude not only helps you stay happy, but also enables you to accomplish your hopes and dreams.

One of the best ways to improve your overall attitude is to take every opportunity to say positive things to yourself. What you communicate to yourself through words, thoughts, and images are interpreted on a deeper level than you may realize.

When you engage in positive self-talk, you can connect with yourself on a subconscious level. This is *also* true of negative self-talk. If you've found it difficult to break a circle of negativity, it's because you're feeling negatively on a subconscious level. Positive self-talk can help turn this negativity around.

How You Can Engage In Positive Self Talk

The first step in adopting a more upbeat attitude is to notice when you're using negativity. There might be times when you're being negative without even realizing you're doing it.

In the beginning, spend a day or two just being an active observer of your overall speech and thoughts. How do you talk about yourself? How often do you have a negative thought about yourself? Do you mentally beat yourself up when you make a mistake?

After you discover negativity in the way you're talking to yourself, it's time to take a step to correct it. First, ***try eliminating the negative.*** You can also try using different manners of speech with yourself. Instead of being so hard on yourself, give yourself the benefit of the doubt and be truthful.

You can then focus on replacing negativity with positive things you *want* to hear. In a situation where you would've ordinarily been negative, take the time to think of something you should be praised for instead.

You can even use a journal to record ideas of positive things you can say to yourself. Refer to it often and then use those ideas to combat negative thoughts.

You'll also benefit from using more positive speech in general, even when you're not talking in reference to yourself. Get in the habit of seeing the positive side of every situation. Seek solutions to your challenges and find the silver lining. These actions will help you focus on positive aspects.

Using Positive Self Talk Every Day

Once you get a hang of it, you can begin to bring positive self-talk into your life every single day. At the end of the day, compare how you feel to one of your previous days without positive self-talk.

Consciously think positive thoughts during as many moments as you can, even the ones that seem mundane, like when you're brushing your teeth. You can seize that moment and make the most of it!

When you feel overcome with stress or fear, force yourself to take a step back and reevaluate your thinking. Tell yourself to relax and remind yourself that you'll get through it no matter what.

How Positive Self Talk Can Shift Your Attitude

Positive self-talk can shift your attitude by changing your beliefs on a subconscious level. If you focus on a certain belief long enough, eventually the message will get through.

The benefits of a possible attitude are endless. You'll enjoy having less stress in your life and more drive to achieve. You'll feel happier. And it all starts with positive self-talk.

While you're working on improving your attitude, ***look to affirmations for help***. For example, if you truly want to have a great day, tell yourself that you're *already* having a great day and believe it. Affirming the positive welcomes even more positive things into your life. With all this positivity, at some time or another, you'll realize that your negative attitudes are gone for good!