When you listen to your thoughts about yourself, you may be tempted to believe the negativity that you hear. **Try these steps to shift to more positive and productive thinking.**

- Change harsh judgments to constructive criticism by commenting on both your areas for improvement and your strengths.

- Instead of criticizing who you are, evaluate your decisions and actions. Remember you are capable of change for the better.
  - Change “I’m a failure.” to “I failed this time and I can learn from my experience, so I will make better choices in the future.”
  - Change “I’m so stupid.” to “I’m learning and developing my skills through practice.”
  - Change “I can’t ever get this right.” to “I can’t do this correctly yet, but I will improve with practice.”

- Monitor your thoughts. Would you feel comfortable speaking to your best friend the way you talk to yourself? Today, try responding to yourself with the same compassion you would express to a close friend in need of encouragement.

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