

Benefits of positive thinking

- *Longer life span.*
- *Less stress.*
- *Lower rates of depression.*
- *Increased resistance to a common cold.*
- *Better stress management and coping skills.*

جامعة قطر
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مركز الاستشارات الطلابية
STUDENT COUNSELING CENTER
شؤون الطلاب STUDENT AFFAIRS



المقصود بحديث النفس

Self-Talk

*Self-talk is the internal dialogue we use to view the world,
explain situations and communicate to ourselves.*



حديث النفس ينقسم الى قسمين

أولاً – حديث النفس الإيجابي (التفكير الإيجابي)

ثانياً – حديث النفس السلبي (التفكير السلبي)



Positive self-talk

التفكير الإيجابي

Positive thinking means approaching life's challenges with a positive outlook.

Negative self-talk

التفكير السلبي

Negative self-talk is a mixture of half-truths, poor logic, and distortions of reality, or an unbalanced focus on a problem that perpetuates negative emotions.

Are we born with negative or positive self-talk, or is it something we learn to do?


○ *Humans are a component of three C's.*

• *Context* البيئة

• *Chemicals* الجينات الوراثية

• *Cognitive* القدرة والمعرفة





As children, we believe that we are told about ourselves. As adults we carry on telling ourselves these same messages.



What causes negative self-talk?

- *Our primary caregivers (parents) critical of us as children.*
 - *Our secondary caregivers critical of us as children (teachers, relatives, peers).*
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It is very hard to see our self-worth when we have never been allowed to experience it or express it. First, by our parent and then by ourselves and others who pick on our cues.

"I am not a good person, so don't expect much from me".

How to stop negative self-talk?

○ Step 1. Become aware of it:

- *Journal writing*
- *Positive affirmations*
- *Thought stopping*
- *Change self limiting statements to questions*
- *Milder wording*

○ Step 2. Acknowledge the pay-off.

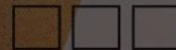
Negative self-talk stops us from achieving things



How to stop negative self-talk?

○ Step 3. Treat yourself like a beloved friend.

- Be proud of yourself*
- Remind yourself that you are a worthwhile person.*
 - Acknowledge the things you do well.*
- Go easy on yourself when something is challenging or frustrating.*
 - Do not punish yourself*



Benefits of positive thinking

An illustration of a woman with long black hair wearing a black hijab. To her right, a circular inset shows a close-up of her face with her eyes closed and a slight smile, with a red heart floating above her head. The background is a gradient of yellow and olive green.

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