



Presented by BU Happiness College

How To Cultivate A Kind Mind

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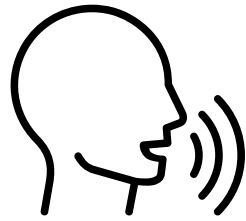


You don't want to beat yourself up for beating yourself up in the vain hope that it will somehow make you stop beating yourself up.

- Kristen Neff PhD



The types of Negative Self Talk



Your inner voice, how you speak to & about yourself



Internal Narrative you create about yourself



Made up of conscious & unconscious thoughts, belief systems etc



Can be positive & negative

Negative self-talk tends to fall into one of four categories:

1. **Personalizing** – Meaning you blame yourself when things go wrong.
2. **Polarizing** – Meaning you see things only as good or bad, no gray areas or room for middle ground.
3. **Magnifying** – Meaning you only focus on the bad or negative in every scenario and dismiss anything good or positive.
4. **Catastrophizing** – Meaning you always expect the worst.



#1 Recognise Negative Thoughts/Patterns

Identify which one(s) of the 4 types of Self Talk you recognise most in your life:

What thoughts come up most often & why?

Drop into your body, how does this feel in your body? Specifically describe it, where does it sit & how does it feel?



2 Label Your Thoughts with Humour

Label thoughts with a humorous name or give them a nick name and then thank them for being there. From the answers you provided above, try on a few of the humour labels or come up with your own nick name to create space between you and those thoughts:

Humour Examples:

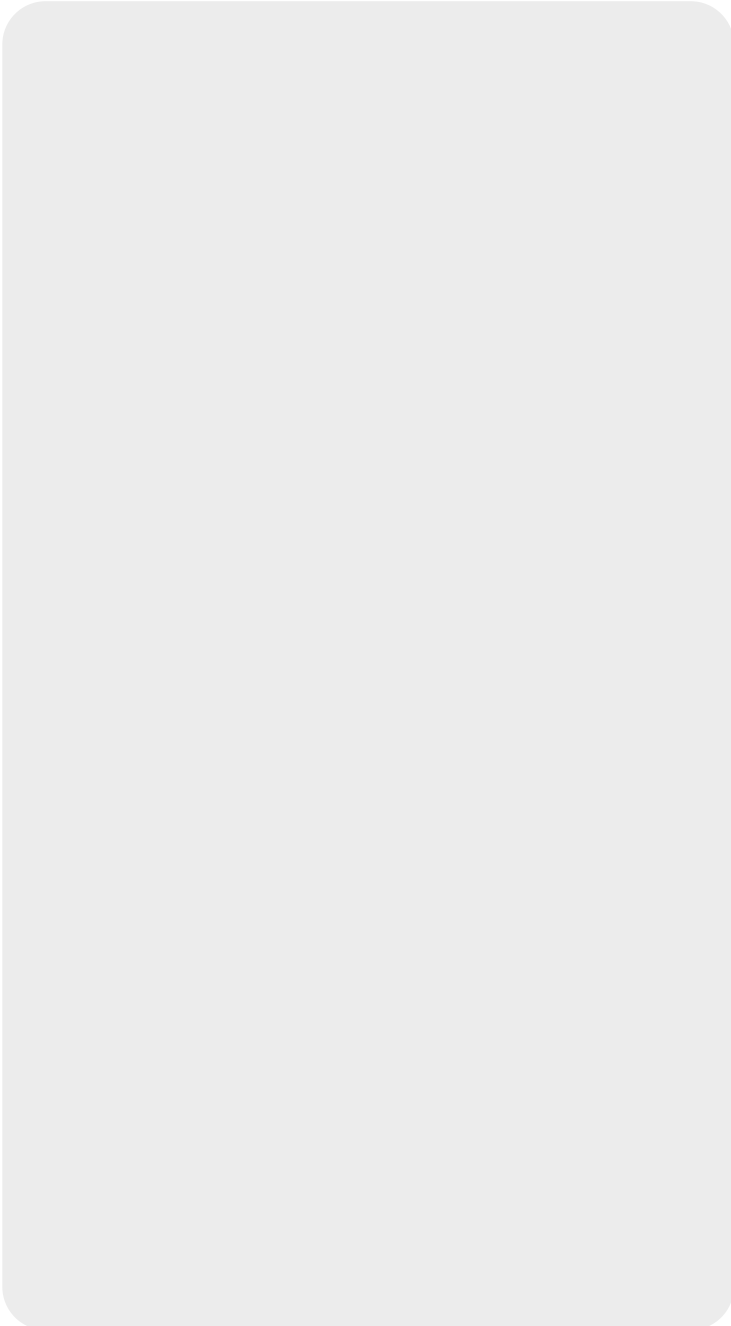
Hi Regina George, I hear you,
Thanks but no thanks.

Oh here's Karen again putting
in her 2 cents, thanks Karen....
moving on.

I'm noticing Voldemorts
casting his negative spells on
me again, I see you Volde but
I don't have time for you
today.

Nick Name Examples:

The Joker
My Mother
3rd Grade Bully
etc etc





Cultivate Kindness:

Be a friend to yourself: What would you say to your very best friend who came to you and started talking negatively about themselves? What kind of pep talk would you share with them to lift them up? Write this out in the form of a letter:

Dear Friend:



Reframes:

While today isn't turning out like I expected, I can always try again tomorrow.

I am doing the best that I can with what I have to work with today.

'I can do better next time' or 'I can choose to learn from my mistakes, not be held back by them'.

I am only human, I never signed a contract to be perfect.

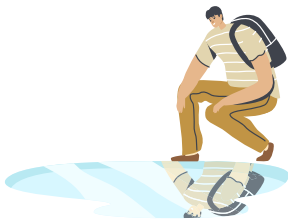
I learned something about myself just now and that's within my control to change if I want to.

What would I say to my best friend if I heard them speaking about themselves this way?

It's ok to go slow, my journey doesn't need to look like everyone else's.

Practice Reflection, Appreciation & Gratitude Skills

Reflect



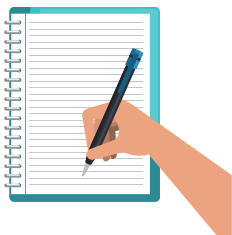
A large, empty, rounded rectangular box for reflecting on the experience.

Appreciate



A large, empty, rounded rectangular box for appreciating the experience.

Gratitude



A large, empty, rounded rectangular box for practicing gratitude.



Journal Prompts:

How does negative self talk hold you back from achieving your goals?

How would you feel about yourself if you switched negative self-talk for positive?

What might you achieve if you practiced more positive self-talk?

A photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...