

# 3 EASY STEPS TO TURNING NEGATIVE SELF-TALK INTO SELF-CONFIDENCE

## THOUGHT AWARENESS

Start by cultivating awareness of your thoughts. Notice when self-doubt or negative self-talk arises. Remember, awareness is the first step towards change. I like to label these thoughts as the Critic and tell myself, "Oh, the Critic in my brain is saying..." Or, "There goes that Critic again. Interesting that she believes..." Then I release those thoughts and let them melt away.



## REFRAMING

Challenge your negative thoughts and reframe them into positive and empowering statements. Replace self-limiting beliefs with affirmations that align with your desired level of self-confidence. I like to do this by asking, "How is the opposite true?"



## SELF COMPASSION

Treat yourself with radical kindness and compassion when negative thoughts arise, just like you would a friend. I like to place my hand on my heart and say, "Of course you believe this about yourself. This is what you have been taught for so long." Or, "Of course you are feeling this way. It makes sense." This practice helps create safety in your body, which is the foundation for becoming a confident, secure woman.



These techniques, rooted in the world of neuroscience and behavioral psychology, can profoundly impact your self-confidence when consistently applied. As part of the "Confidently Her" coaching program, I provide in-depth guidance on these techniques and support you in integrating them into your daily life.



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