



# OUT OF THE FOG

The monthly newsletter of NAMI San Francisco  
[www.namif.org](http://www.namif.org)

## HealthyPlace MH Newsletter

<http://www.healthyplace.com>

**Negative Self-Talk** - A blog posted by our own Aimee White, author of the Nitty Gritty of Anxiety blog, is generating email comments today. It's titled: "Overcoming Negative Self-Talk with a Writing Exercise." Most of the emails center on how negative self-talk eventually destroys your self-esteem.

Trauma psychologist, Dr. Kathleen Young, describes negative self-talk as a "sense that one is innately bad. It often shows up as a sort of running inner monologue detailing your shortcomings." Unfortunately, negative self-talk tends to be a self-fulfilling prophecy. You talk badly about yourself, others act badly towards you, you lose faith in your abilities and yourself, and your life begins to spiral downhill.

If this sounds familiar to you, it's important to spot negative self-talk and figure out where that's coming from and then engage in positive self-talk. Among other things, cognitive therapy focuses on helping people talk to themselves more positively.

### More Information on Negative and Positive Self-Talk

- Building Self-Esteem: A Self-Help Guide
- Talking to Yourself
- Overeating Self-Talk in Action
- Cognitive Therapy for Depression and How It Improves Pessimistic Thinking
- For Anxiety and Panic: Self-Talk - Replace the Negative with the Positive
- Challenging Negative Thoughts
- Helping Your Child Build Self-Esteem
- Positive Thinking Keeps Your Bipolar at Bay
- Self-Esteem: Be Your Own Kind of Beautiful
- How to Love Yourself

### Self-Help for Negative and Optimistic Thinking

(short and to the point)

- Immediate Relief of Negative Feelings
- Positive Thinking: The Next Generation
- Make Your Own Labels
- Thinking Positively
- How Thinking Negatively Can Make You Feel Better
- Why Optimism Is a Self-Fulfilling Prophecy

## **Share Your Mental Health Experiences**

Share your thoughts on “negative self-talk” (how it’s affected you, what’s helped), or any mental health subject, or respond to other people’s audio posts, by calling our toll-free number (1-888-883-8045).

You can listen to what other people are saying by clicking on the gray title bars inside the widgets located on the “Sharing Your Mental Health Experiences” homepage, the HealthyPlace homepage, and the HealthyPlace Support Network homepage. If you have any questions, write us at: [info@healthyplace.com](mailto:info@healthyplace.com).