

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
— Romans 12:2*

If your best friend talked to you the way you sometimes talk to yourself — would you still be friends with them?

Yes / No / Maybe — Why? _____

Check any patterns you recognize in yourself:

- **All-or-nothing thinking** — "I failed once, so I am a total failure."
- **Mind reading** — "Everyone thinks I am weird."
- **Catastrophizing** — "Everything is going to go wrong."
- **Labeling** — "I am stupid / ugly / worthless."
- **Should statements** — "I should be better than this by now."
- **Personalizing** — "It is always my fault."
- **Filtering** — Only focusing on the bad, ignoring the good.

Which pattern do you fall into most often?

Think of a negative thought you've had about yourself recently and walk it through this process:

Step	Write it out
The negative thought I had:	
Is this thought actually true?	
What evidence do I have against it?	
What would I say to a friend who had this thought?	
What does God say instead?	

Negative Thought	God's Truth
"I am not enough."	"You are fearfully and wonderfully made." (Psalm 139:14)
"I am a mistake."	"Before I formed you, I knew you." (Jeremiah 1:5)
"Nobody loves me."	"I have called you by name; you are mine." (Isaiah 43:1)
"I am worthless."	"You are precious and honored in my sight." (Isaiah 43:4)

"God has forgotten me."

"Nothing can separate you from the love of God."
(Romans 8:39)

1. Where do you think negative self-talk comes from — past experiences, comparison, fear?

2. Why do you think we are often harder on ourselves than we are on others?

3. What is one area of your life where you want to start speaking more kindly to yourself?

◆ **Personal Challenge This Week**

Every time you catch yourself thinking something negative about yourself this week, pause and ask: "Would I say this to someone I love?" If not, replace it with one of the truths from Part 3.

You are seen. You are known. You are loved.