



POSITIVE SELF-TALK AND AFFIRMATIONS

This strategy is suggested in the 11-14 BrainWaves lesson:

Challenging negative thoughts

About positive self-talk and affirmations

Self-talk is your internal monologue, it is influenced by the subconscious mind and can be both positive and negative. Positive self-talk refers to an internal dialogue that is constructive and encouraging, which can enhance an individuals' self-confidence, resilience and motivation. Intentionally using positive self-talk can be a powerful psychological tool in rewiring the brain and improving mental health. One way to aid this process is through the use of positive affirmations: intentional, structured statements that reinforce positive beliefs about oneself. Positive affirmations and self-talk can reframe negative thoughts and create a more optimistic perspective.

The scientific evidence behind positive self-talk and affirmations

Research suggests that positive self-talk and affirmations can improve mental health, resilience, self-efficacy and self-esteem. In this study, the findings highlight positive affirmations as a simple yet powerful tool for nurturing the mind and enhancing overall psychological wellbeing:

- Raka, S. (2023). *Nurturing the mind: The power of positive affirmations in enhancing psychological wellbeing*. American Journal of Philological Sciences, 3(05), 43–47.

This study synthesizes the literature on positive self-talk in adolescents:

- Mulawarman, M. et al. (2024). *Positive Self-Talk in Adolescence: A Systematic Literature Review*. Bulletin of Counselling and Psychotherapy, 6(3).

The findings of this study provide evidence for the effectiveness of a positive psychology intervention consisting of positive affirmations, meditation, and mood charting on self-esteem, academic self-efficacy, and personal wellbeing among school students:

- Gonaga, S. (2022). *Effect of Positive Affirmations on the Academic Self-Efficacy, Self-Esteem, and Personal Wellbeing of High School Students*. International Journal of Indian Psychology, 11(3).

Further reading

This article provides five strategies for improving self-talk:

<https://www.psychologytoday.com/gb/blog/loving-through-your-differences/201911/change-your-self-talk>

This article provides further information on positive self-talk and affirmations:

<https://www.medicalnewstoday.com/articles/positive-self-talk>