

Monitoring Self-Talk and Evaluation of Others



In this section of our handouts we will look at labeling and re-framing negative labels to positive ones. Language creates the way we construct and understand reality. What we say about ourselves and others can lead to feelings of despair or hopefulness. It can also lead us to assume that there are only problems, or that there is space for solutions.

It is All in the Way You Look at It

Every characteristic can be either positive or negative, depending on how you look at it. To be “stubborn” might also mean that you do not give up easily, that you are not a quitter; to be a “clown” could mean that you have a great sense of humour, and so on. For each of the adjectives below, list a positive way to describe the same characteristic.

Negative View

Silly

Bossy

Stingy

Crybaby

Dependent

Chatterbox

Positive View

Playful

Capable of leadership

Negative View

Positive View

Naïve

Stuck-up

Greedy

Hot-tempered

Now, in the first column below, list the negative adjectives that you often use to describe yourself. In the second column, list their positive alternatives.

Negative View

Positive View

Now, do the same thing for characteristics that describe your kids.

Negative View

Positive View
