

Cards Against Negativity

CHALLENGING NEGATIVE SELF-TALK

NEURAH



I am not my thoughts.

YOUR THOUGHTS ARE OFTEN JUST FLEETING MENTAL EVENTS, NOT ABSOLUTE TRUTHS. YOU HAVE THE POWER TO OBSERVE THEM WITHOUT LETTING THEM DEFINE YOU.

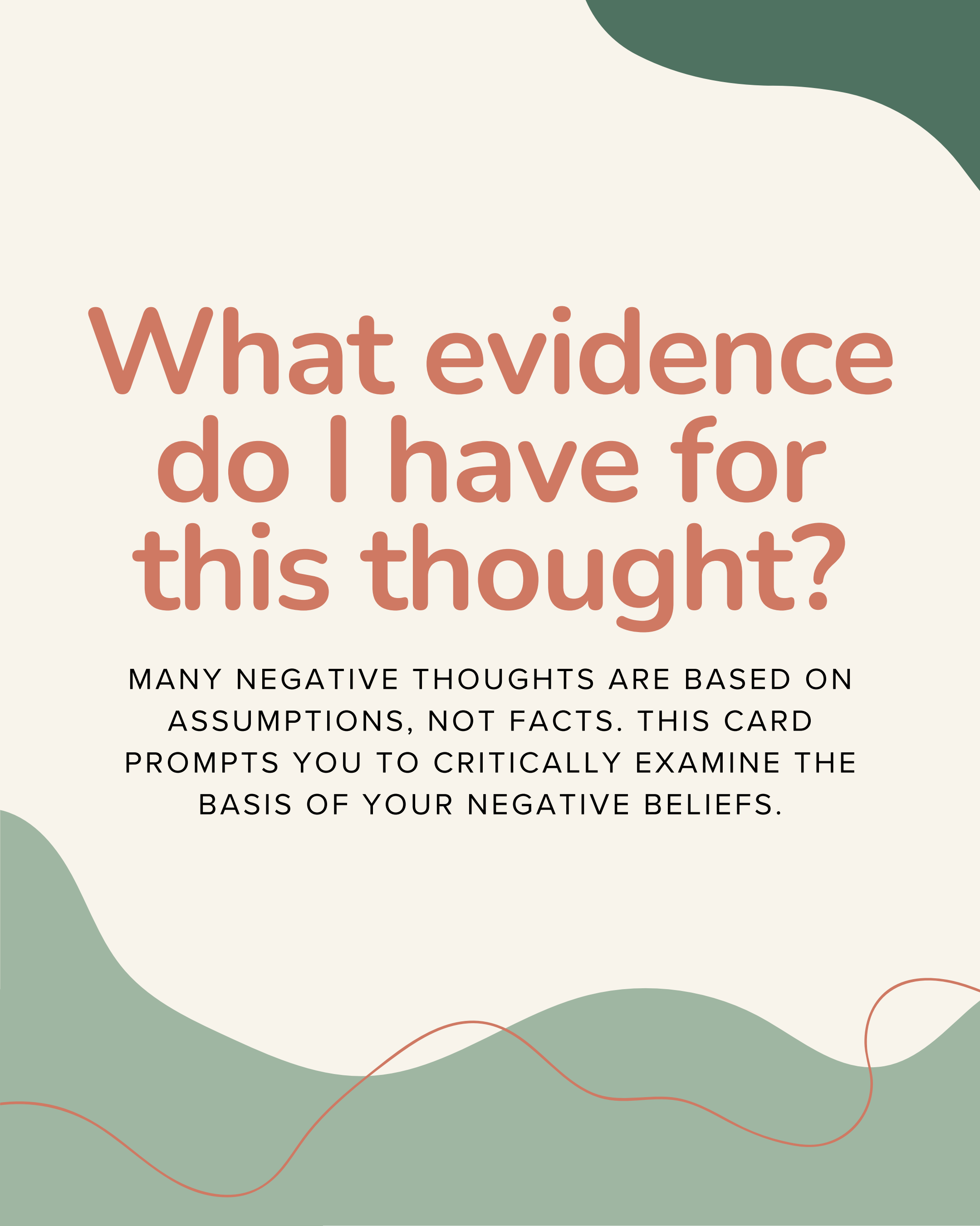




This feeling is temporary.

EMOTIONS, EVEN INTENSE ONES, ARE LIKE WAVES; THEY RISE AND FALL. REMINDING YOURSELF OF THEIR TRANSIENT NATURE CAN LESSEN THEIR GRIP.





What evidence do I have for this thought?

MANY NEGATIVE THOUGHTS ARE BASED ON
ASSUMPTIONS, NOT FACTS. THIS CARD
PROMPTS YOU TO CRITICALLY EXAMINE THE
BASIS OF YOUR NEGATIVE BELIEFS.



Is this thought serving me?

IF A THOUGHT ISN'T HELPFUL OR
CONSTRUCTIVE, IT'S WORTH QUESTIONING ITS
VALUE. YOU CAN CHOOSE TO RELEASE
THOUGHTS THAT DON'T SERVE YOUR WELL-
BEING.





I am doing the best I can right now.

OFFER YOURSELF COMPASSION AND
ACKNOWLEDGE YOUR CURRENT EFFORTS.
SOMETIMES, "THE BEST" SIMPLY MEANS
SHOWING UP.





My worth is not based on my productivity.

IN A PERFORMANCE-DRIVEN WORLD, IT'S EASY
TO LINK SELF-WORTH TO ACCOMPLISHMENTS.
THIS CARD REMINDS YOU THAT YOUR
INHERENT VALUE IS INDEPENDENT OF WHAT
YOU PRODUCE.





This is a learning opportunity.

REFRAME MISTAKES OR SETBACKS AS
CHANCES TO LEARN AND GROW, RATHER THAN
FAILURES.

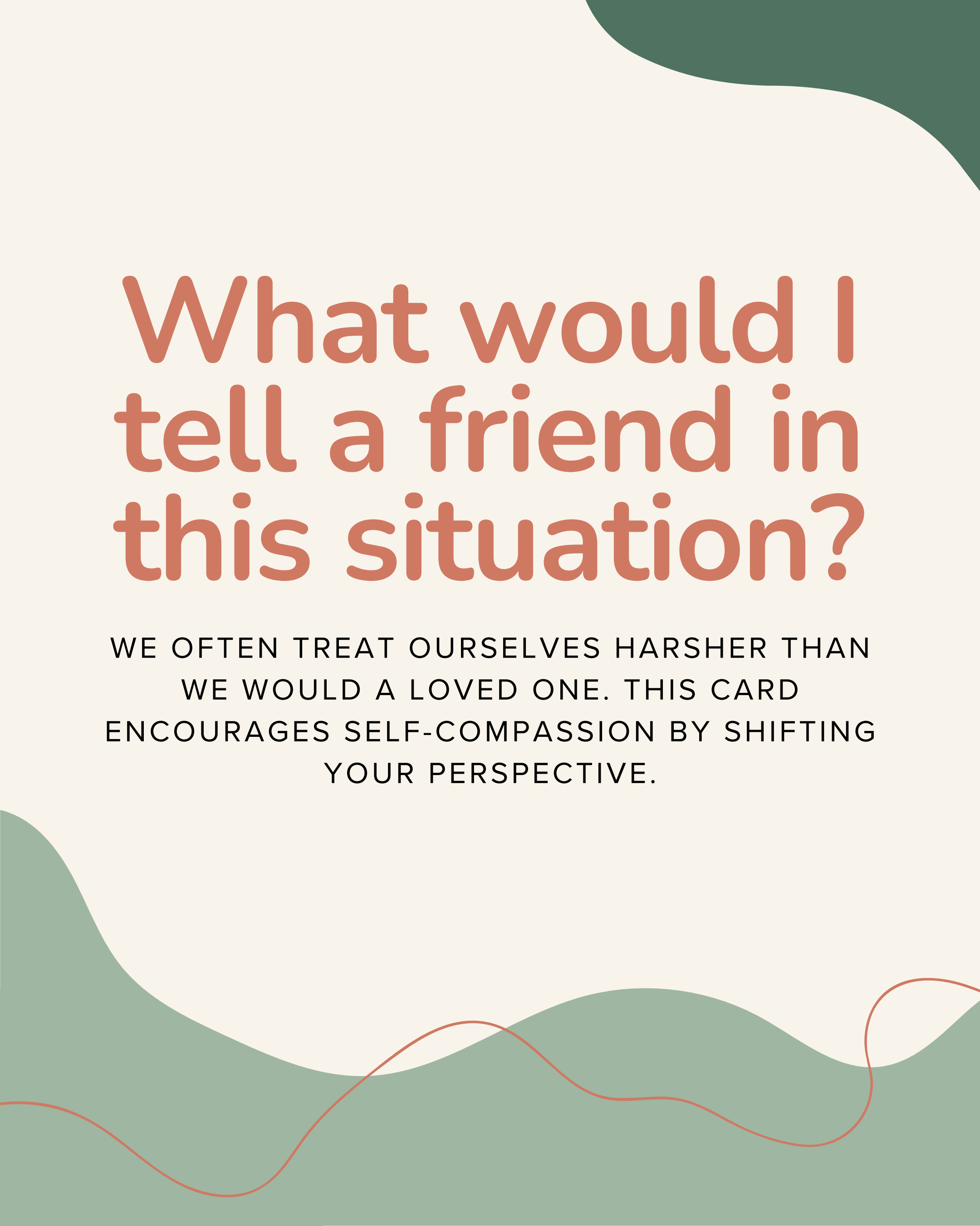




I am capable of handling this.

TAP INTO YOUR INNER STRENGTH AND
RESILIENCE. REMIND YOURSELF OF PAST
CHALLENGES YOU'VE SUCCESSFULLY
NAVIGATED.





What would I tell a friend in this situation?

WE OFTEN TREAT OURSELVES HARSHER THAN
WE WOULD A LOVED ONE. THIS CARD
ENCOURAGES SELF-COMPASSION BY SHIFTING
YOUR PERSPECTIVE.



I release the need for perfection.

PERFECTIONISM OFTEN LEADS TO PARALYSIS
AND SELF-CRITICISM. THIS CARD INVITES YOU
TO EMBRACE "GOOD ENOUGH" AND MOVE
FORWARD.