



SHINE A LIGHT ON YOUR VOICE

The way you talk to yourself matters. Let's reframe your self-talk to focus on the good.



CHECKING IN ON SELF-TALK

You could be experiencing negative self-talk. If you find yourself repeating negative phrases, feeling down about yourself, or feeling alone in your struggles, it could be negative self-talk.

Let's try controlling your self-talk; it just takes some practice.



REFRAME YOUR SELF-TALK

Let's do a quick activity. Think about the way you talk to yourself. What negative statements do you end up repeating to yourself? Take some time to write those phrases down.

Rather than continuing to repeat these statements, let's reframe your thinking into a positive mindset.



WHAT WOULD A LOVED ONE SAY?

It may feel awkward at first, but put yourself in the shoes of someone who loves you. Maybe it's a parent, sibling, friend, or partner.

What would they say instead? Try to restructure your negative statements into phrases of affirmation.



ADOPT POSITIVE AFFIRMATIONS

"I won't let HS get in the way of what I have planned."

"I won't let these symptoms affect my relationships with others."

"I deserve to enjoy today."

"I don't feel great right now, but I'm going to move through it and focus on what's positive."



KEEP IT GOING

How does it feel to see positive affirmations about life with HS? Did any other statements come to your mind?

It takes time to break a pattern of negative self-talk. Even if you don't get the hang of reframing your self-talk at first, it helps to try it.

Keep practicing and come back to this activity when you need to check in.