



## SELF TALK

Here is a list of self-talk phrases that I have found help my clients. Try them all and put a check mark next to the ones that help you.

- \_\_\_\_\_ There are no right or wrong decisions.
- \_\_\_\_\_ Decisions are reversible, so they're not high stakes.
- \_\_\_\_\_ I have the mental flexibility to change course.
- \_\_\_\_\_ I have the ability to create alternatives if it's not working out.
- \_\_\_\_\_ Making decisions will make me more confident in myself.
- \_\_\_\_\_ Everyone is just guessing.
- \_\_\_\_\_ No one knows what's right for me better than me.
- \_\_\_\_\_ I am the best person to decide the best course forward for me.
- \_\_\_\_\_ Picking one path doesn't make the others disappear.
- \_\_\_\_\_ Decisions aren't permanent.

If saying these phrases provokes anxiety, go to my website, [www.guttmanpsychology.com](http://www.guttmanpsychology.com), and listen to my guided meditation to help relax and align your nervous system with this new belief. I have found that with consistent practice, most of my clients are able to change their decision-making habits within three weeks to six months. If it doesn't happen overnight, keep at it—change is coming.

