



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.
- _____ I have the mental flexibility to change course.
- _____ I have the ability to create alternatives if I don't like how it works 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 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 3 weeks to 6 months. If it doesn't happen overnight, keep at it—change is coming.

