

# Self-Talk for Climbing the Basement Steps of the Emotional Ladder

**Pride** "I'm absolutely special, and I matter even if no one else knows."

**Anger** "I can feel angry and choose to act well."

**Desire** "It is enough if I get some of what I want and most of what I need. No gets everything."

**Fear** "Courage feels the fear and still moves forward. It's never as bad as it seems."

**Grief** "Nothing lasts forever but love. This hard time will not last forever."

**Apathy** "I will try to care. It is brave to try."

**Guilt** "I've made a mistake. If I say so and take steps to fix it, peace will return to me."

**Shame** "Everyone matters, that includes me! No matter what happened I am still loved & I still matter!"

The habit of using helpful self-talk is quite wise.

Self-talk is like a spare tire in the trunk of your car.

It is like wearing a life-preserver when you're out to sea.

Self-talk is a great way to keep yourself climbing the Emotional Ladder.

Using self-talk is a way of being brave.

Here's a secret: You can use self-talk messages to encourage others.