

DECONSTRUCTING NEGATIVE SELF-TALK:

Practical Tools to Escape a Toxic Mindset



Ashley Elliott, MS, LMHCA
Chuck Elliott, MOL, MAE

Find notes for today's talk at chuckandashley.com/aacc



Deconstructing Negative Self-Talk

Practical Tools to Escape a Toxic Mindset

1. Identify and differentiate cognitive patterns that occur in a positive and negative space.
2. Outline the function in dysfunctional thoughts and behavior and how they affect clients emotionally, physically, and spiritually.
3. Describe short-term and long-term benefits and consequences of positive and negative space thinking and behavior.
4. Describe how licensed mental health professionals, medical professionals, and ministry leaders can use these tools in session to help clients make a manual reset, escaping negative spaces.

Disclosure Statement: Chuck and Ashley Elliott have no conflicts of interest or financial relationships with ineligible companies. Chuck and Ashley will receive royalties from book sales of the following book: I Used to be.





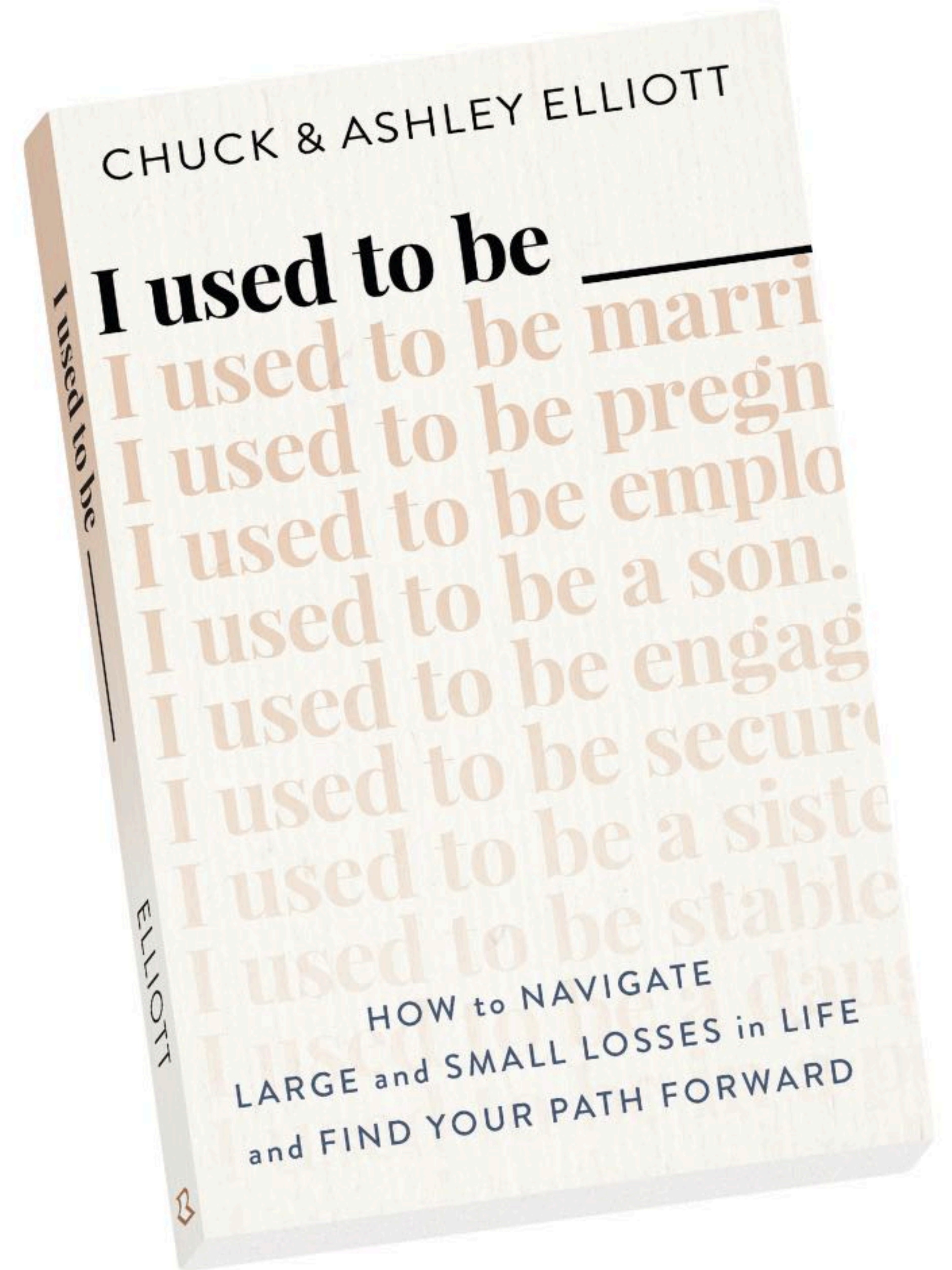
Ashley Elliott, MS, LMHCA

Author, Speaker, Licensed Counselor



Chuck Elliott, MOL, MAE

Author, Speaker, Pastor



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**WHAT ARE SOME
EXAMPLES**
of Negative Self-Talk??

LET'S EXPLORE WHAT'S
BEHIND SOME OF THESE
behind EXAMPLES

of Negative Self-Talk??

GOD'S WAY IS PERFECT
all the Lord's promises
PROVE TRUE. HE IS A SHIELD TO ALL
WHO LOOK TO HIM FOR PROTECTION.

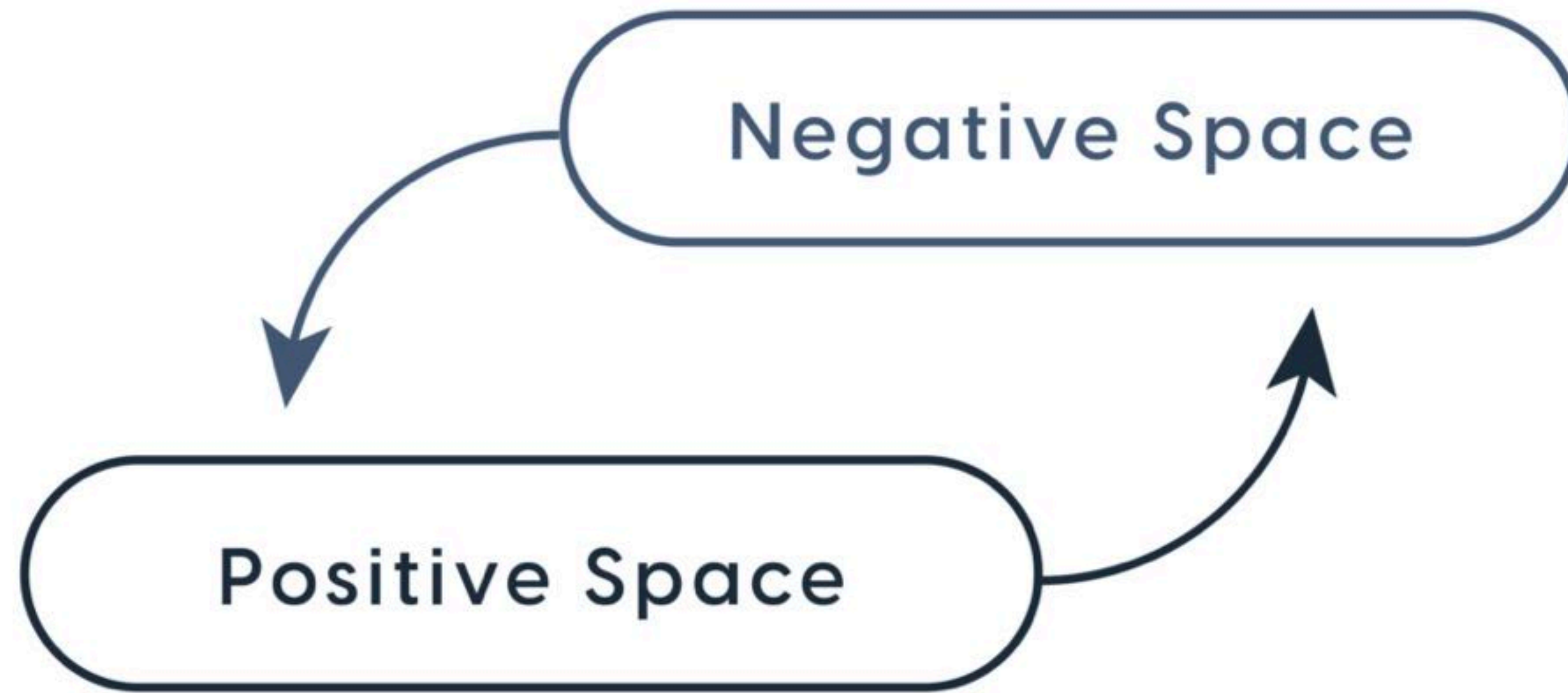
Psalms 18:30 NLT



Negative Space

Positive Space

CA



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SWITCH THEORY

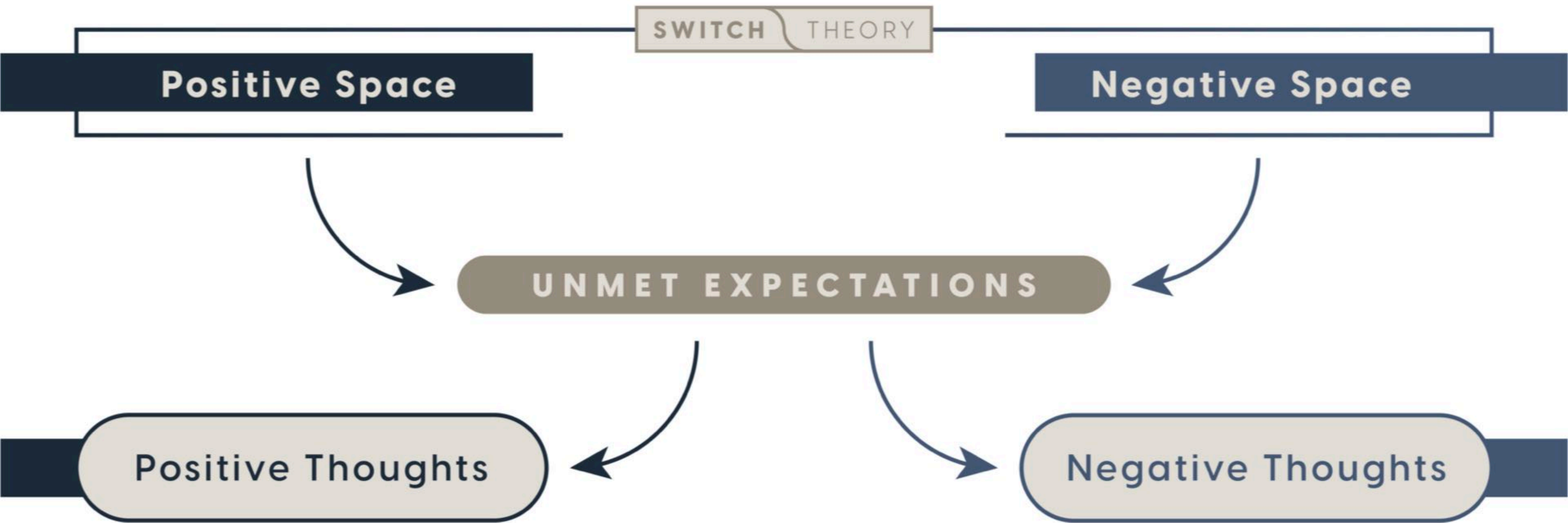
Positive Space

Negative Space

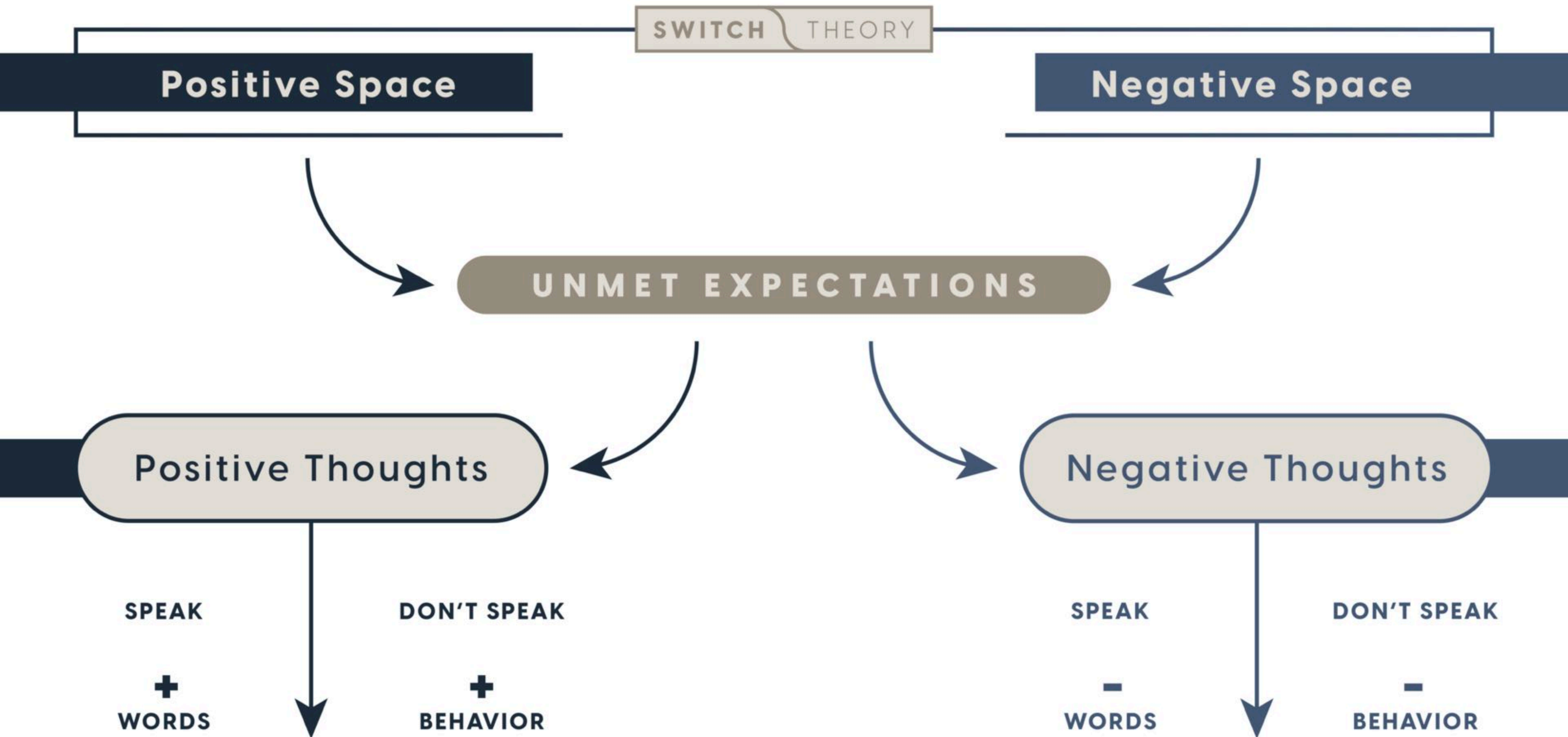
CA



CX

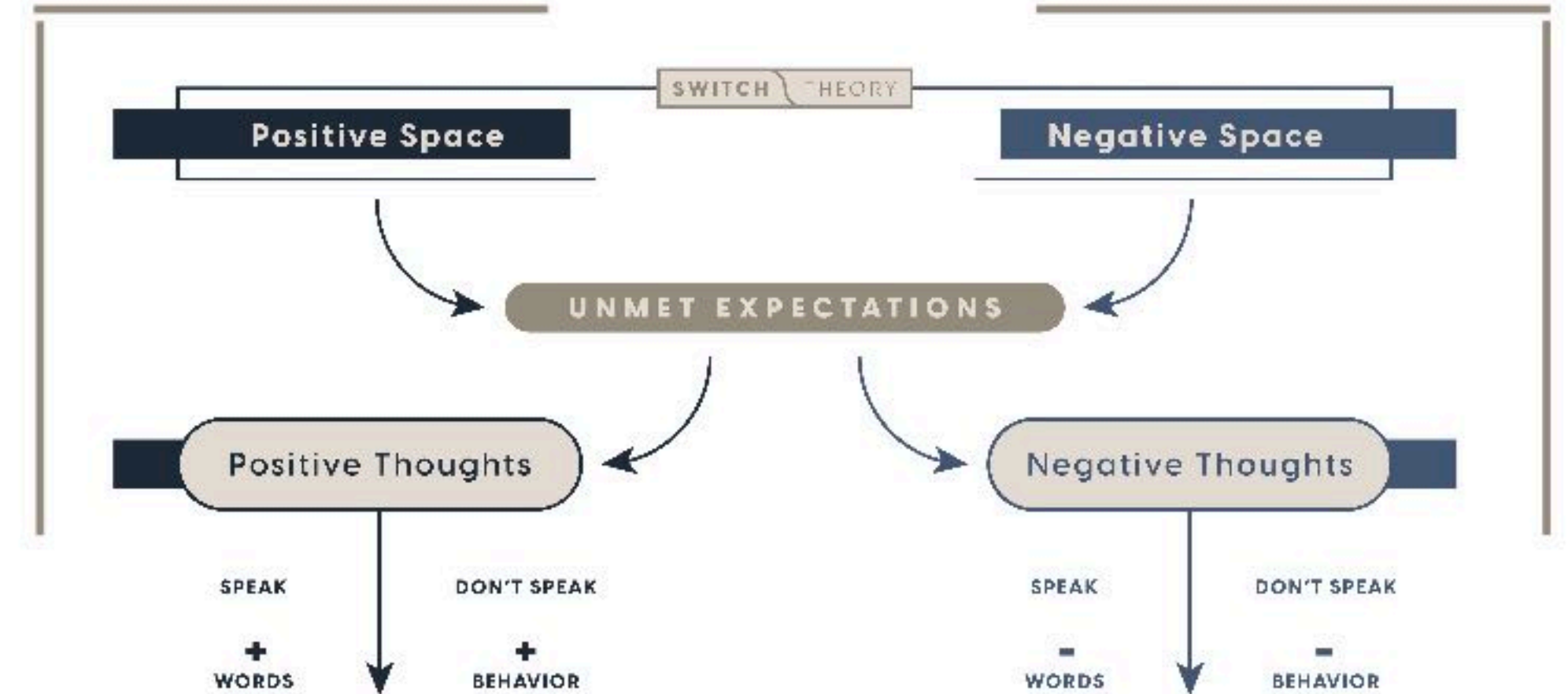


CX



On your own, complete the

SWITCH THEORY WORKSHEET!



**POSITIVE SPACE
THOUGHTS**

**NEGATIVE SPACE
THOUGHTS**

**POSITIVE SPACE
BEHAVIOR**

**NEGATIVE SPACE
BEHAVIOR**

PERCEIVED NEGATIVE
CIRCUMSTANCE

+

Perceived Negative Ability

=

NEGATIVE SELF-TALK

CA

**PERCEIVED NEGATIVE
CIRCUMSTANCE**

+

Perceived Negative Ability

=

NEGATIVE SELF-TALK

**PERCEIVED POSITIVE
CIRCUMSTANCE**

+

Perceived Negative Ability

=

NEGATIVE SELF-TALK

**PERCEIVED NEGATIVE
CIRCUMSTANCE**

+

Perceived Positive Ability

=

POSITIVE SELF-TALK

**PERCEIVED POSITIVE
CIRCUMSTANCE**

+

Perceived Positive Ability

=

POSITIVE SELF-TALK CA

GAME TIME!

CA

CAN YOU IDENTIFY WHICH
SONG WAS LIKELY TO HAVE
BEEN WRITTEN BY SOMEONE
IN A POSITIVE SPACE VS. A
NEGATIVE SPACE?

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POSITIVE SPACE OR A NEGATIVE SPACE?

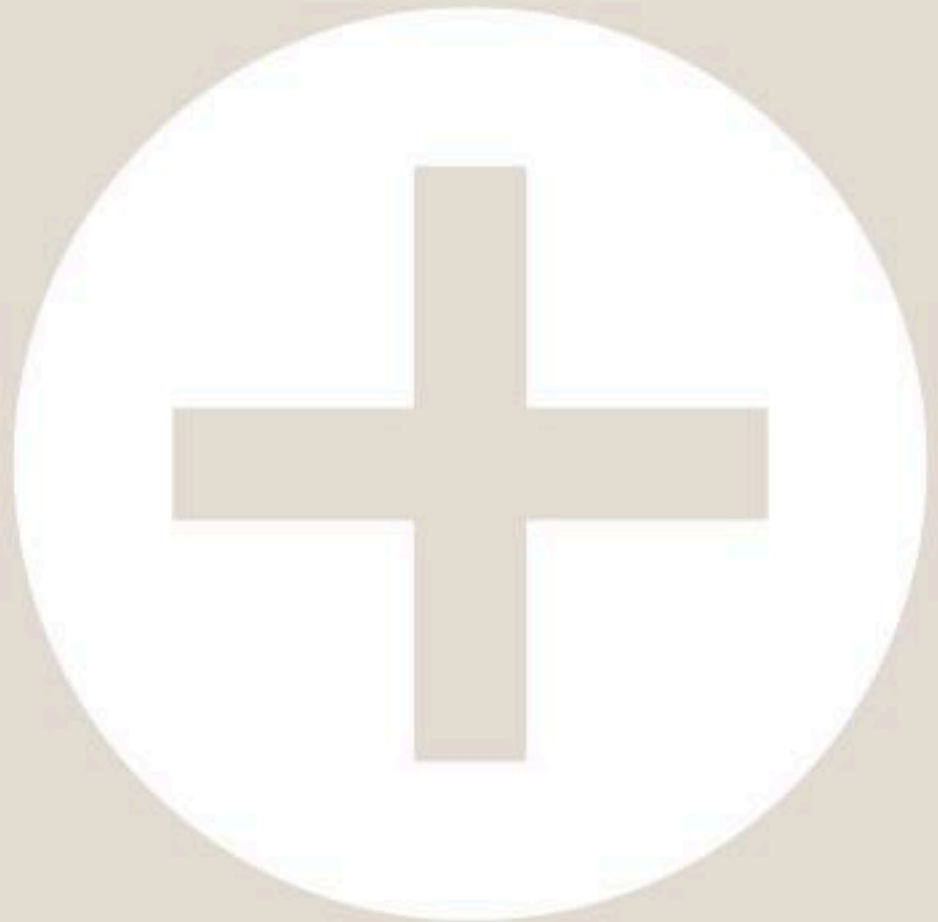
"Clap along if you feel like a
room without a roof
(Because I'm happy)"

Pharell Williams



POSITIVE SPACE OR A NEGATIVE SPACE?

"Clap along if you feel like a
room without a roof
(Because I'm happy)"



Pharell Williams



POSITIVE SPACE OR A NEGATIVE SPACE?

"I'm walking on sunshine..."

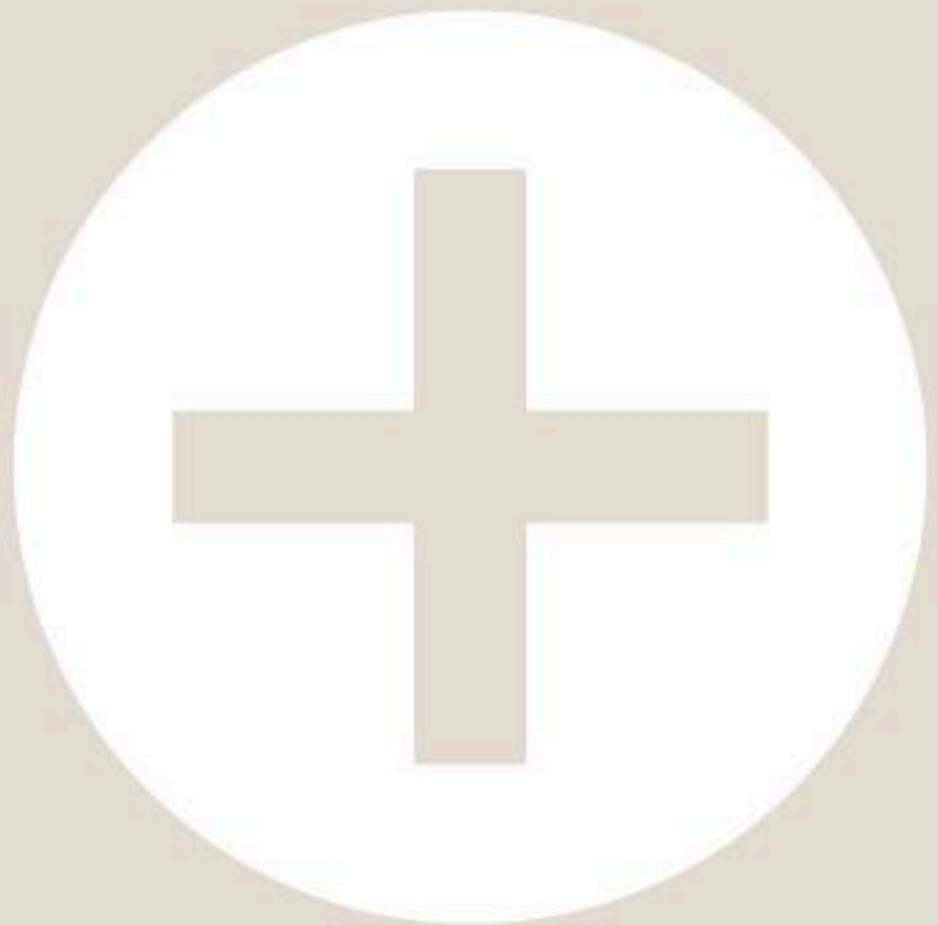
written by Kimberly Rew (Aly & AJ)



POSITIVE SPACE OR A NEGATIVE SPACE?

"I'm walking on sunshine..."

written by Kimberly Rew
(Aly & AJ)



POSITIVE SPACE OR A NEGATIVE SPACE?

"I can buy myself flowers....Yeah, I can
love me better than you can."

"Flowers" by Miley Cyrus



POSITIVE SPACE OR A NEGATIVE SPACE?

"I can buy myself flowers....Yeah, I can
love me better than you can."



"Flowers" by Miley Cyrus

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POSITIVE SPACE OR A NEGATIVE SPACE?

"Working 9 to 5, what a way to make a livin'
Barely getting by, it's takin' and no givin' They
just use your mind and they never give you
credit..."

"9 to 5" by Dolly Parton



POSITIVE SPACE OR A NEGATIVE SPACE?

"Working 9 to 5, what a way to make a livin'
Barely getting by, it's takin' and no givin' They
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"9 to 5" by Dolly Parton

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POSITIVE SPACE OR A NEGATIVE SPACE?

"The-the boy's a liar, the boy's a liar"

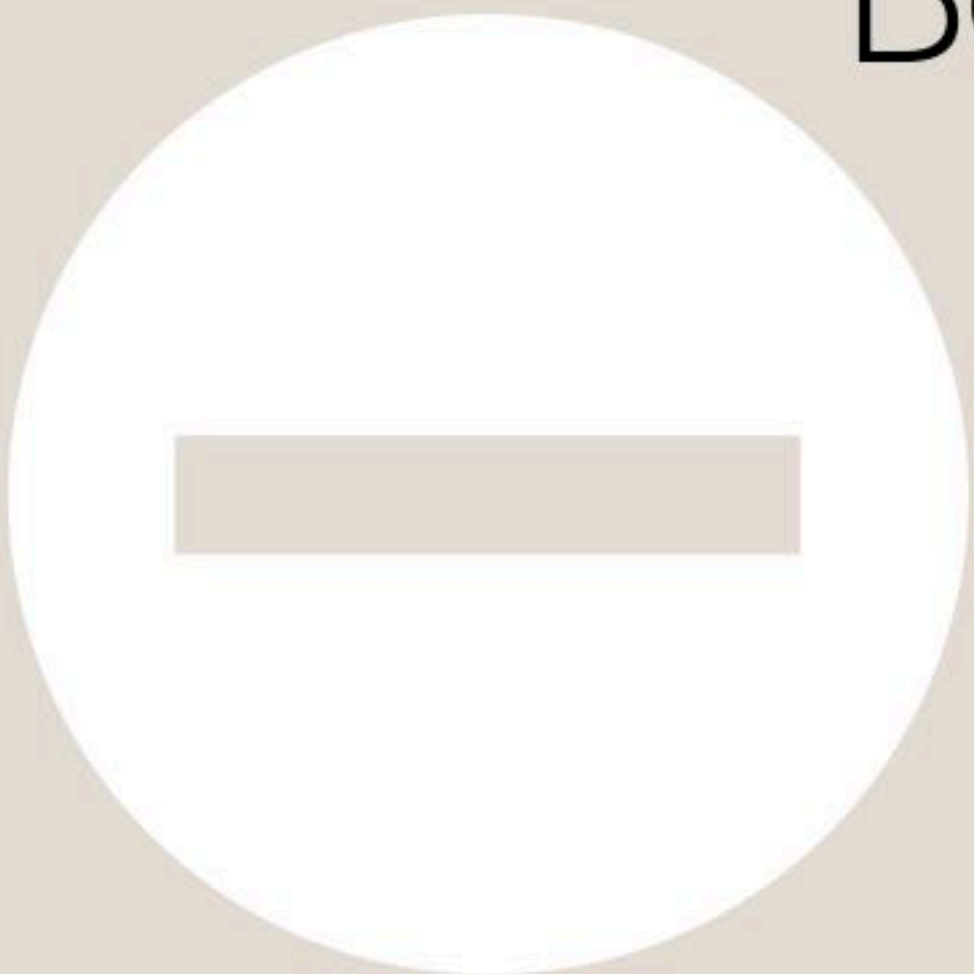
"Boy's a Liar Pt. 2" by PinkPantheress



POSITIVE SPACE OR A NEGATIVE SPACE?

"The-the boy's a liar, the boy's a liar"

"Boy's a Liar Pt. 2" by PinkPantheress



CA

POSITIVE SPACE OR A NEGATIVE SPACE?

"And I will always love you"

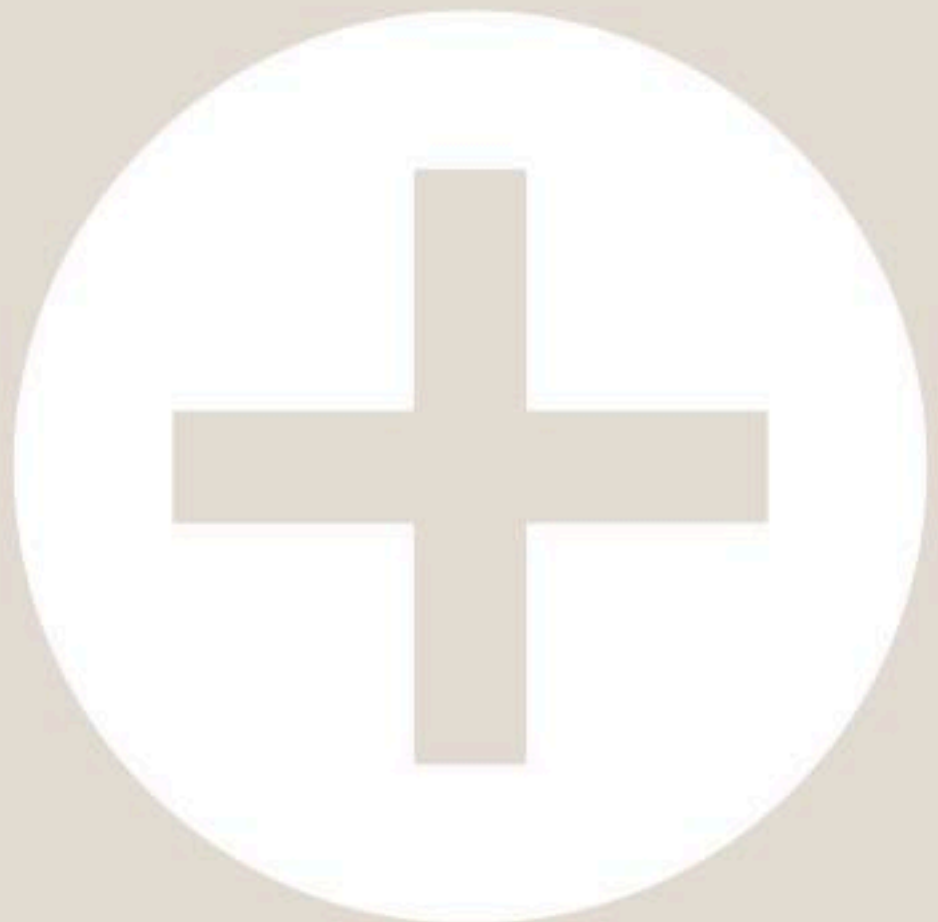
Whitney Houston



POSITIVE SPACE OR A NEGATIVE SPACE?

"And I will always love you"

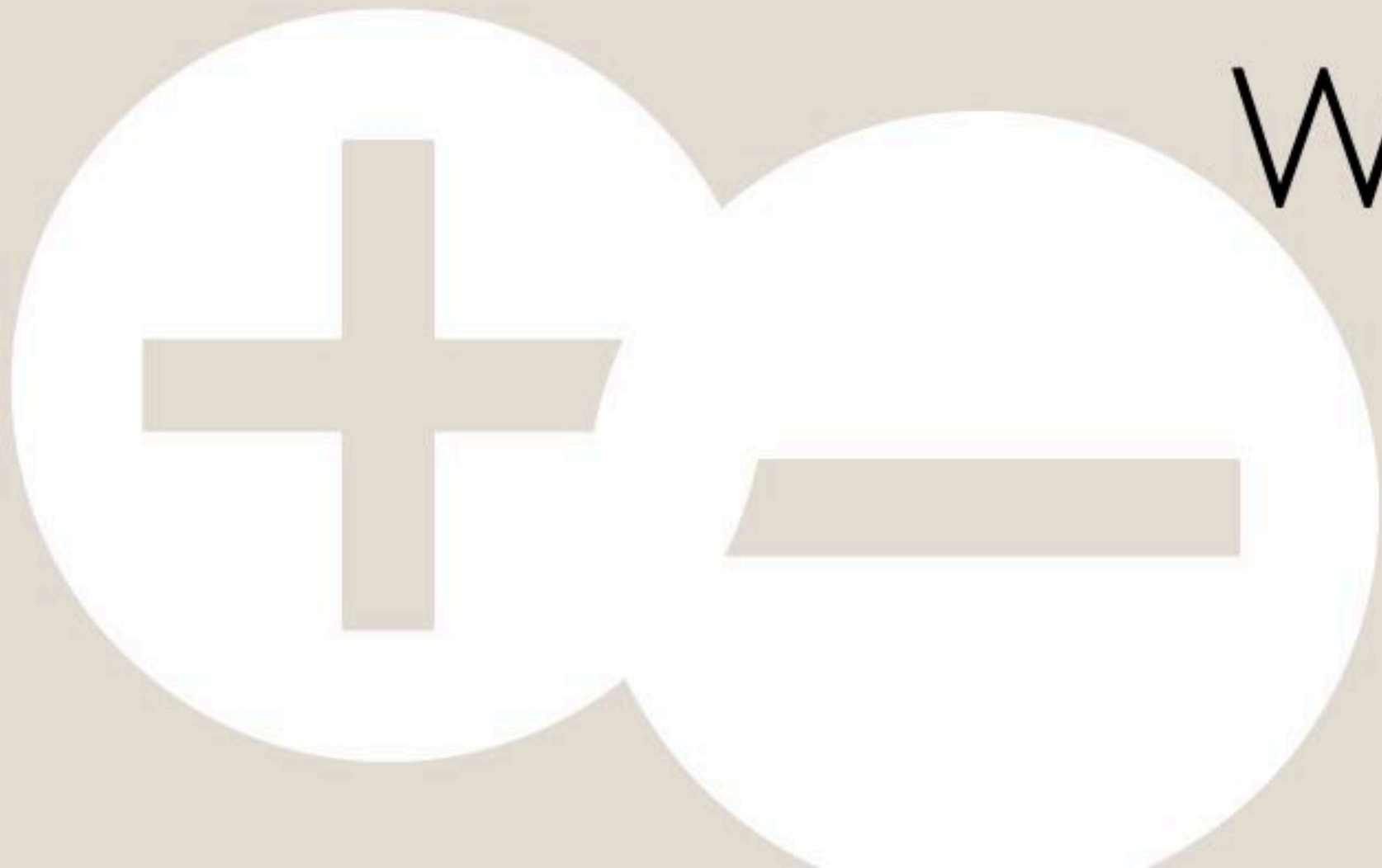
Whitney Houston



POSITIVE SPACE OR A NEGATIVE SPACE?

"And I will always love you"

Whitney Houston



C&A

POSITIVE SPACE OR A NEGATIVE SPACE?

"I hope she's wilder than your wildest dreams
She's everything you're ever gonna need
And then I hope she cheats
Like you did on me"

"I Hope" by Gabby Barrett



POSITIVE SPACE OR A NEGATIVE SPACE?

"I hope she's wilder than your wildest dreams
She's everything you're ever gonna need
And then I hope she cheats
Like you did on me"

"I Hope" by Gabby Barrett



POSITIVE SPACE OR A NEGATIVE SPACE?

"I dug my key into the side
of his pretty little souped-up four-wheel drive
Carved my name into his leather seats"

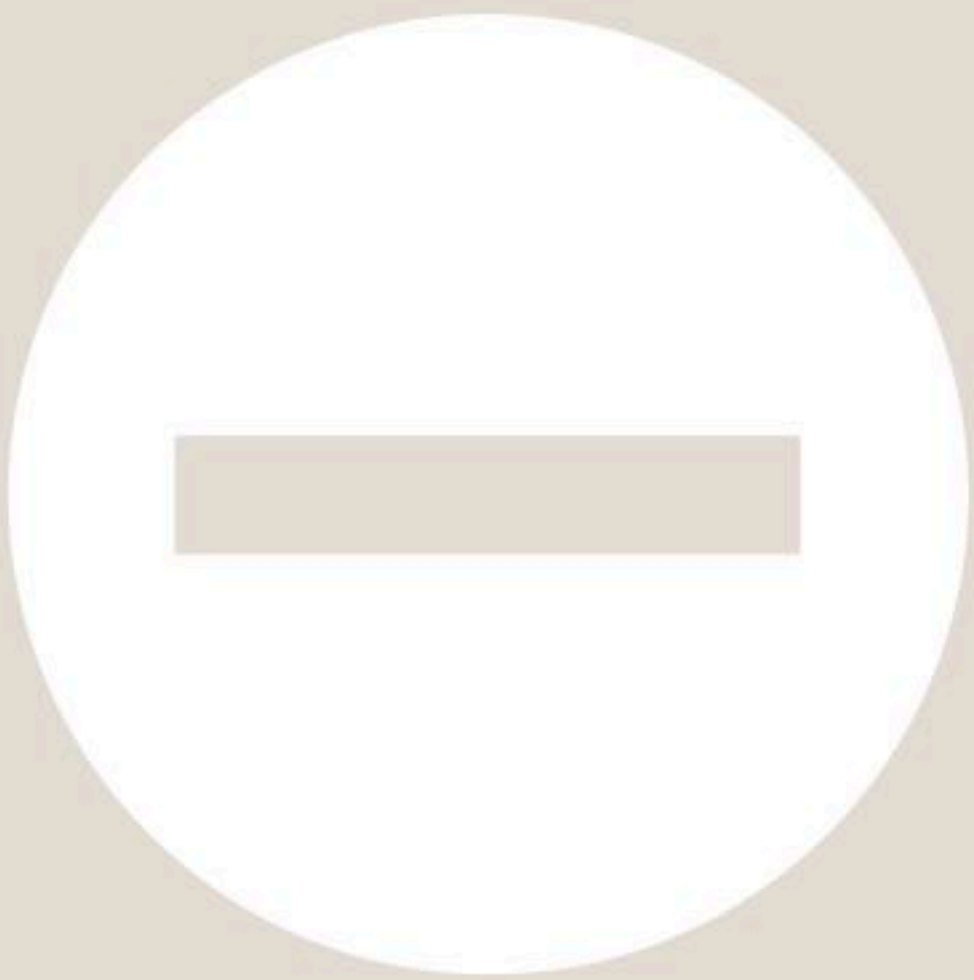
"Before He Cheats" by Carey Underwood



POSITIVE SPACE OR A NEGATIVE SPACE?

"I dug my key into the side
of his pretty little souped-up four-wheel drive
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"Before He Cheats"
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C&A

POSITIVE SPACE OR A NEGATIVE SPACE?

"You can't stop me"

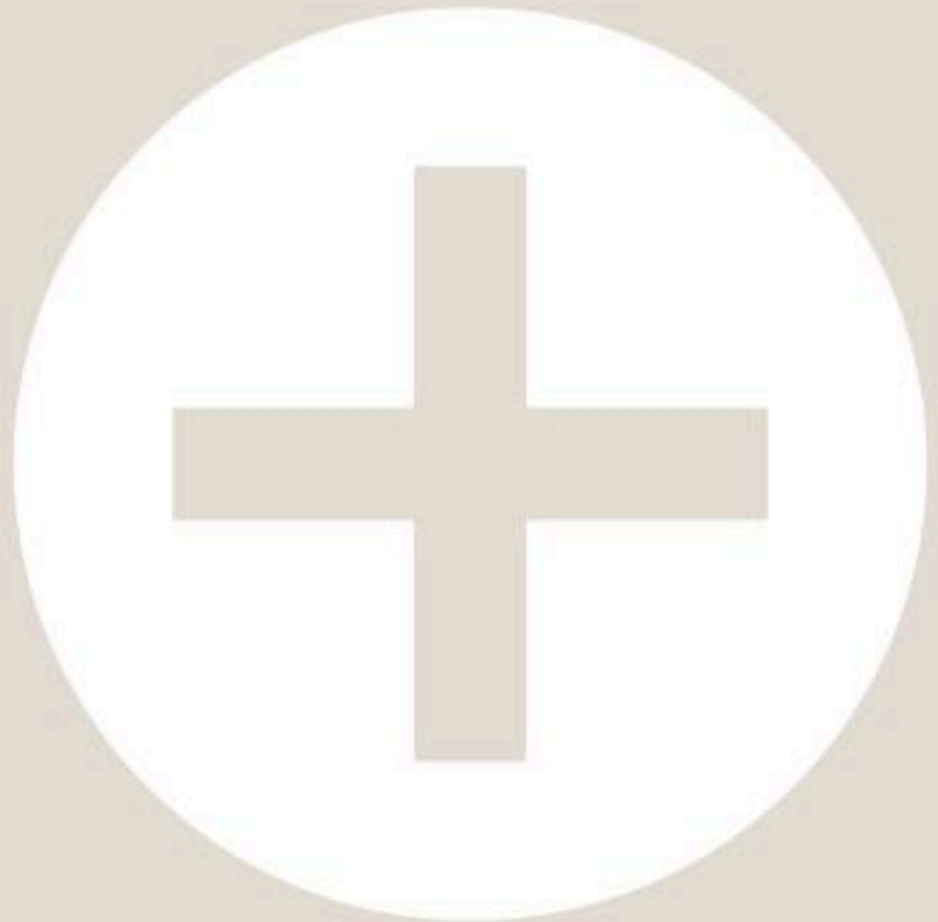
Andy Mineo



POSITIVE SPACE OR A NEGATIVE SPACE?

"You can't stop me"

Andy Mineo

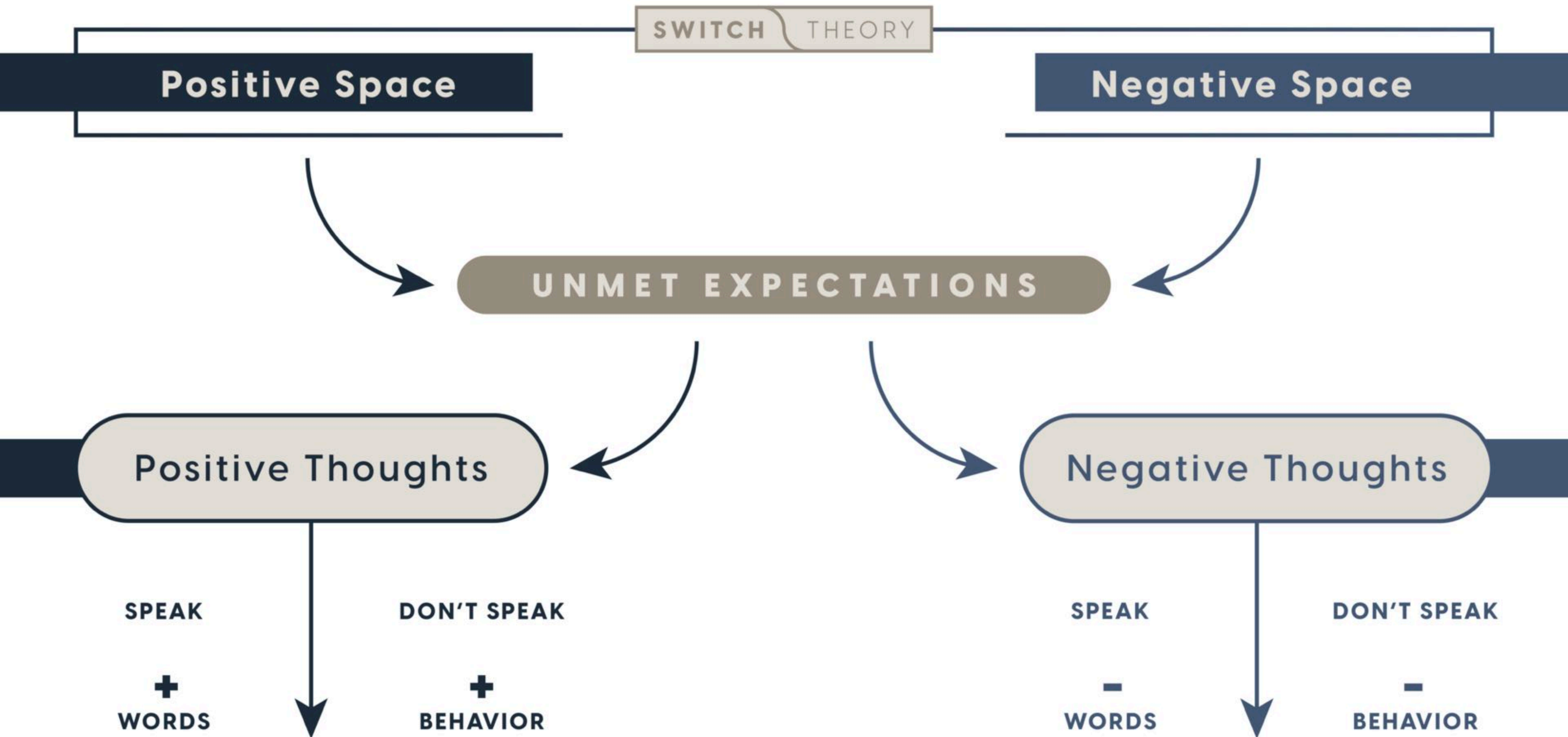


POSITIVE SPACE OR A NEGATIVE SPACE?

"You can't stop me"

Andy Mineo

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THE THREE A's TO CHANGE

Aware

Assess

Act

Source: I Used to be ____



WHAT IS THE FUNCTION IN
THE DYSFUNCTION?

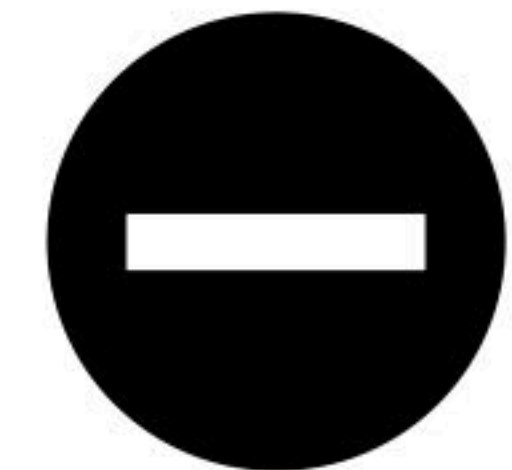
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SHORT-TERM BENEFITS
OF NEGATIVE SELF TALK

LONG-TERM BENEFITS
OF NEGATIVE SELF TALK

SHORT-TERM DEFICITS
OF NEGATIVE SELF TALK

LONG-TERM DEFICITS
OF NEGATIVE SELF TALK



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SHORT-TERM BENEFITS OF NEGATIVE SELF TALK

Rest from physical, emotional,
or spiritual fatigue; increase
cognitive performance*

SHORT-TERM DEFICITS OF NEGATIVE SELF TALK

LONG-TERM BENEFITS OF NEGATIVE SELF TALK

LONG-TERM DEFICITS OF NEGATIVE SELF TALK

*(Kim et al., 2021)



SHORT-TERM BENEFITS OF NEGATIVE SELF TALK

Rest from physical, emotional,
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SHORT-TERM DEFICITS OF NEGATIVE SELF TALK

LONG-TERM BENEFITS OF NEGATIVE SELF TALK

possibly hustle more

LONG-TERM DEFICITS OF NEGATIVE SELF TALK

CA

SHORT-TERM BENEFITS OF NEGATIVE SELF TALK

Rest from physical, emotional,
or spiritual fatigue; increase
cognitive performance

SHORT-TERM DEFICITS OF NEGATIVE SELF TALK

Shame & other negative emotions;
lack of motivation to change

LONG-TERM BENEFITS OF NEGATIVE SELF TALK

possibly hustle more

LONG-TERM DEFICITS OF NEGATIVE SELF TALK

CA

SHORT-TERM BENEFITS OF NEGATIVE SELF TALK

Rest from physical, emotional,
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cognitive performance

SHORT-TERM DEFICITS OF NEGATIVE SELF TALK

Shame & other negative emotions;
lack of motivation to change

LONG-TERM BENEFITS OF NEGATIVE SELF TALK

possibly hustle more

LONG-TERM DEFICITS OF NEGATIVE SELF TALK

*Depression; anxiety; divorce; job loss;
isolation; suicidal ideation

*(Peixoto & Cunha, 2022)



“LONG-TERM EXPOSURE TO
NEGATIVE SELF-TALK HAS
HARMFUL EFFECTS”

(Latinjak et al., 2019)

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LET'S LOOK FOR THE
FUNCTION
IN THE DYSFUNCTION

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SHORT-TERM BENEFITS OF NEGATIVE SELF TALK

Rest from physical, emotional,
or spiritual fatigue; increase
cognitive performance

SHORT-TERM DEFICITS OF NEGATIVE SELF TALK

Shame & other negative emotions;
lack of motivation to change

LONG-TERM BENEFITS OF NEGATIVE SELF TALK

?

LONG-TERM DEFICITS OF NEGATIVE SELF TALK

Depression; anxiety; divorce; job loss;
isolation; suicidal ideation

CA

SHORT-TERM BENEFITS OF NEGATIVE SELF TALK

Rest from physical, emotional,
or spiritual fatigue; increase
cognitive performance

SHORT-TERM DEFICITS OF NEGATIVE SELF TALK

Shame & other negative emotions;
lack of motivation to change

What needs are
being met by
negative self talk?

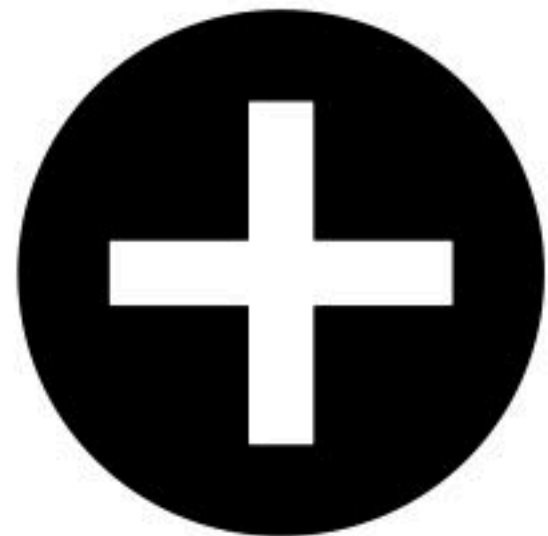


SHORT-TERM BENEFITS
OF POSITIVE SELF TALK

LONG-TERM BENEFITS
OF POSITIVE SELF TALK

SHORT-TERM DEFICITS
OF POSITIVE SELF TALK

LONG-TERM DEFICITS
OF POSITIVE SELF TALK



SHORT-TERM BENEFITS OF POSITIVE SELF TALK

Elevated mood; better relationships;
positive thoughts flow naturally

SHORT-TERM DEFICITS OF POSITIVE SELF TALK

LONG-TERM BENEFITS OF POSITIVE SELF TALK

LONG-TERM DEFICITS OF POSITIVE SELF TALK



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SHORT-TERM DEFICITS OF POSITIVE SELF TALK

LONG-TERM BENEFITS OF POSITIVE SELF TALK

better relationships; mental stability;
able to support others

LONG-TERM DEFICITS OF POSITIVE SELF TALK



SHORT-TERM BENEFITS OF POSITIVE SELF TALK

Elevated mood; better relationships
positive thoughts flow naturally

SHORT-TERM DEFICITS OF POSITIVE SELF TALK

less urgency/motivation to improve;
impulsivity/inaccurate confidence

LONG-TERM BENEFITS OF POSITIVE SELF TALK

better relationships; mental stability;
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LONG-TERM DEFICITS OF POSITIVE SELF TALK

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SHORT-TERM DEFICITS OF POSITIVE SELF TALK

less urgency/motivation to improve;
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LONG-TERM BENEFITS OF POSITIVE SELF TALK

better relationships; mental stability;
able to support others

LONG-TERM DEFICITS OF POSITIVE SELF TALK

inflated perception of self;
narcissism



WE CAN LEARN OUR NEEDS &
BEGIN MEETING THEM IN
HEALTHIER WAYS!

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THE THREE A's TO CHANGE

Aware

Assess

Act

Source: I Used to be ____



Assess

- 1) What have I tried in the past that has worked?
- 2) What have I tried in the past that has NOT worked?
- 3) What options should I consider for the future?



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We know that negative self talk ARISES in us while in a negative space.

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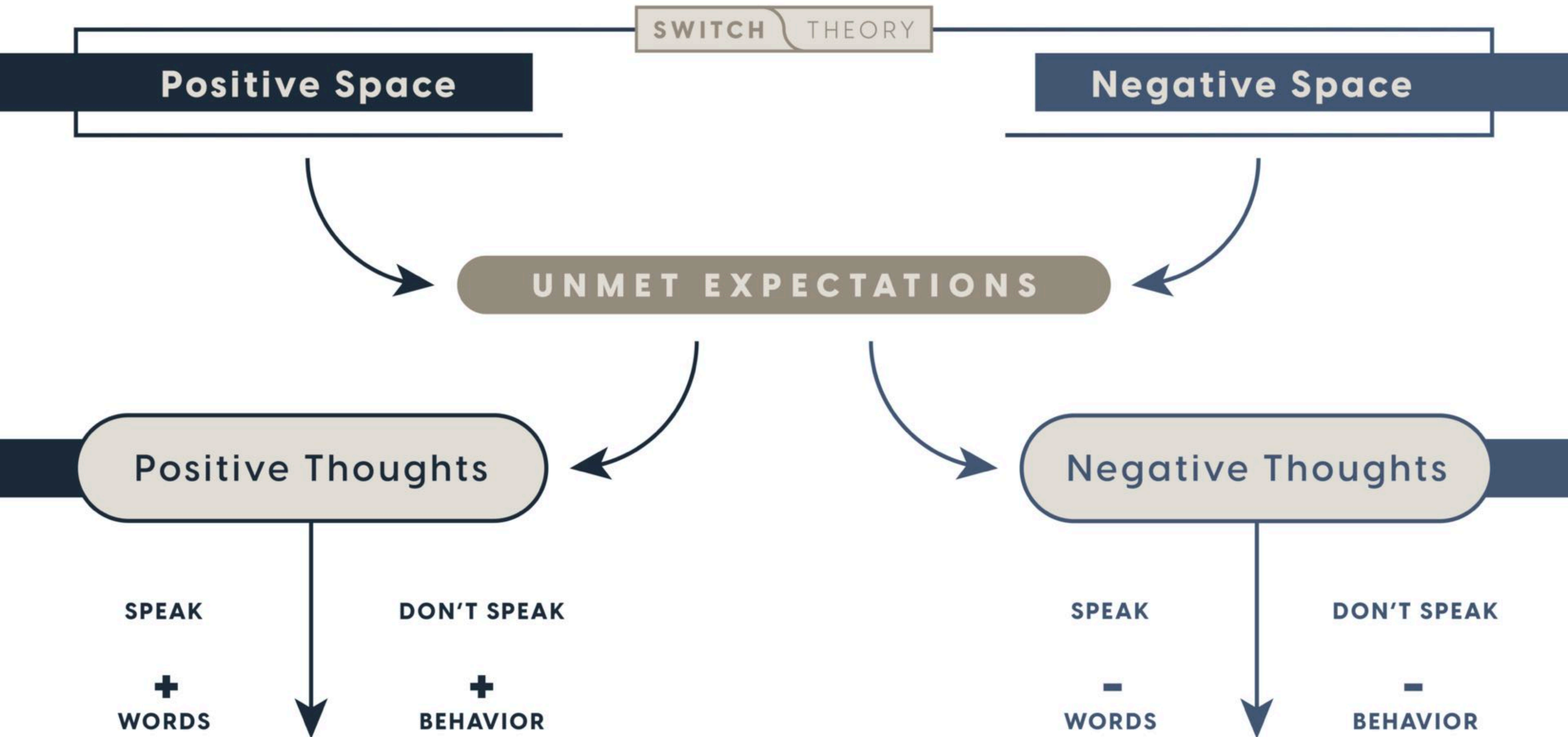
We know that negative self talk ARISES in us while in a negative space.

**MOVING BACK TO A POSITIVE SPACE
CAN REDUCE NEGATIVE SELF TALK.**

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WE CAN MAKE A
MANUAL RESET!

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IF WE'RE STUCK IN A NEGATIVE SPACE

it's going to be difficult to invest in relationships

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Here are

FOUR TIPS

to build strong and connected relationships.



1. Pray together
2. Learn together
3. Laugh together
4. Surprise one another

Sources: (Padgett et al., 2019) (Papp, 2015) (Yim, 2016)



EXAMPLE

Mental Stability	Mental Instability
• Eating healthy foods • Sleeping about 8 hours each night • Maintaining healthy boundaries • Moving the body	• Overeating or undereating • Oversleeping or undersleeping • Enmeshed or isolated • Overexercising or lack of activity

Source: I Used to be ____



Mental Stability

Mental Instability

CA

Source: I Used to be _____

BUILDING MENTAL STABILITY
ESTABLISHES AN ENVIRONMENT WHERE
negative self-talk
CANNOT EASILY GROW!

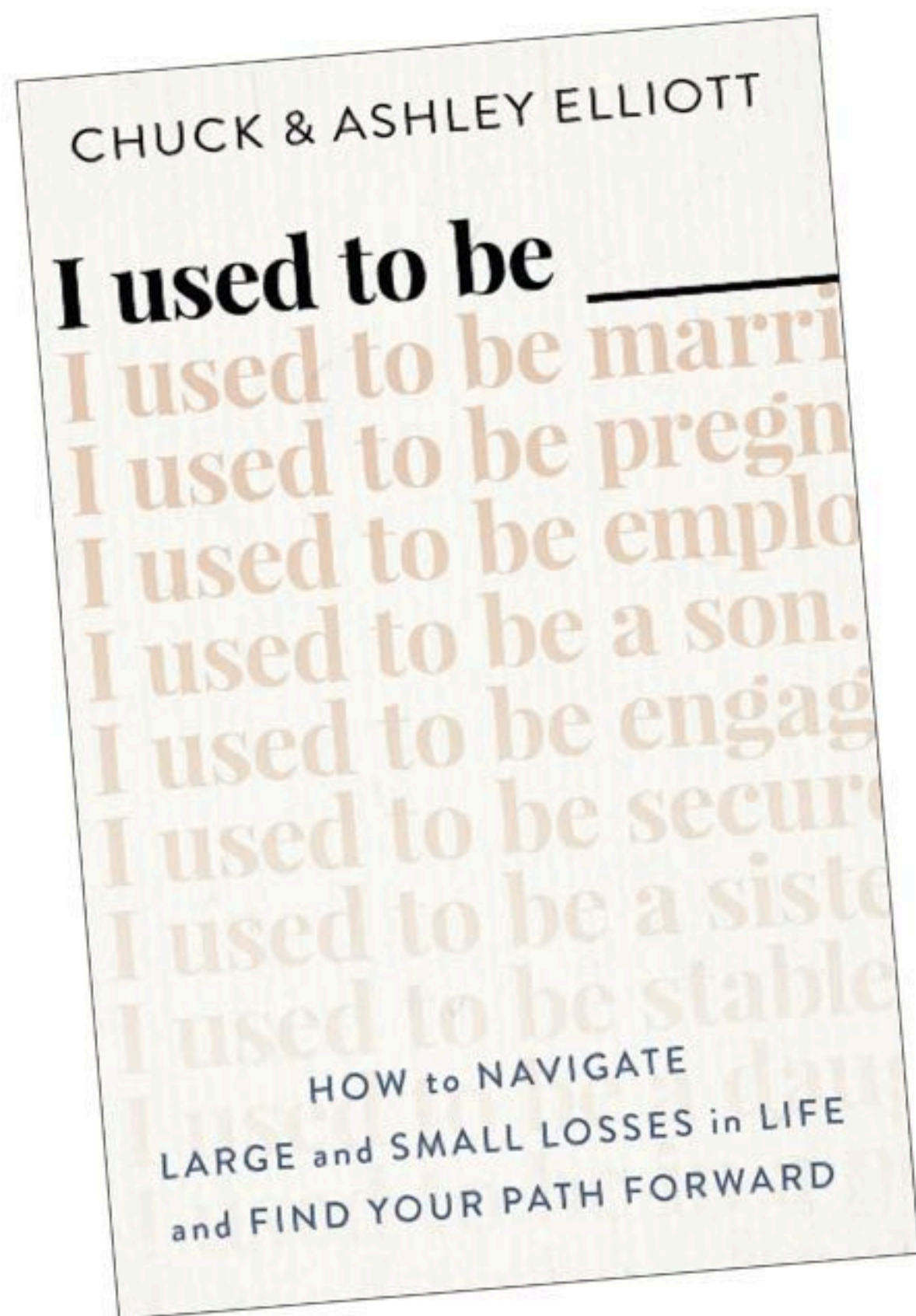
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“...be transformed by the
RENEWING OF YOUR MIND.

Then you will be able to test and
approve what God’s will is—his
good, pleasing and perfect will.”

Romans 12:2 NIV





THANK YOU!

We'd love to stay connected.

Follow us on Social:

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References

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