

Course: Mindset, Thoughts & Cognitive Flexibility

Worksheet 4: Supportive Self-Talk & Moving Forward

Purpose: Strengthen supportive self-talk and create habits that reinforce flexible thinking.

Congratulations!

You've reached the final worksheet of the Mindset, Thoughts & Cognitive Flexibility course. Take a moment to acknowledge the effort you've put into this process.

NOTE: This course is not a suitable replacement for counselling, therapy, coaching, or other professional mental health care.

Part 1: Listening to Your Inner Voice

Think about how you speak to yourself when you struggle.

- Common self-talk phrases I notice:

1.

2.

3.

How do these words make you feel?

Part 2: Rewriting the Script

Rewrite each phrase in a more supportive, realistic way.

1.

2.

3.

How to Access Further Support in New Zealand:

- Contact your local GP
- Dial 111 for immediate support
- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)