

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

### Weekly Discussion Theme: Affirmative Self-Talk

- **Leader shares:** Affirmative self-talk has the power to transform our mindset, replacing negative thoughts with positive, encouraging ones that build confidence and resilience. Understanding how our inner dialogue shapes our reactions helps us shift from self-doubt to self-assurance. Recognizing and changing negative thought patterns creates a more supportive mindset, fostering inner strength and optimism. For example, instead of thinking, "I always mess up," try, "I am learning and growing with every experience." This positive shift boosts confidence and resilience.

### **Group shares:**

- Can you share a time when negative self-talk really affected your confidence or actions?
- What types of negative thoughts tend to come up most often for you, and how do they make you feel?
- When you're hard on yourself, what impact does it have on your ability to face challenges?
- Have you found any strategies to quiet negative self-talk? What has or hasn't worked for you?
- **Acknowledge:** THANK YOU for sharing!

**Verse:** Philippians 4:8 (NIV): *"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."*

**Scriptural Application:** This verse reminds us to focus on what is true, noble, and praiseworthy, helping us align our inner thoughts with God's love and grace. Practicing affirmative self-talk means seeing ourselves through God's eyes, choosing thoughts that lift us up and make us stronger. When we turn away from negativity, we welcome peace and resilience. But here's an added perspective: each time we replace a negative thought with a positive one, we're allowing God to renew and shape us from within. Rather than just improving ourselves, we're partnering with God to embrace His truth, knowing we're valued and empowered to reflect His grace.

### **Group shares:**

- If you heard a friend speak to themselves the way you do, what would you want to say to them?
- Looking back, what opportunities or experiences do you think negative self-talk may have stolen from you?
- If you could rewrite the hurtful things you say to yourself into a supportive "script," what would it sound like?

- Imagine waking up one day without those familiar negative thoughts—what would feel different in your day?

**Acknowledge:** THANK YOU for sharing!

### **10 ways to strengthen your practice of affirmative self-talk:**

1. Notice when you're being hard on yourself; awareness is the first step.
2. Reframe negative thoughts kindly, as if talking to a friend.
3. Use positive "I am" statements like "I am capable" to encourage yourself.
4. Focus on progress over perfection, reminding yourself that growth takes time.
5. Acknowledge small achievements to reinforce positive self-recognition.
6. Visualize yourself succeeding or facing challenges confidently.
7. Replace "should" with "could" to reduce pressure and promote openness.
8. Journal negative thoughts and reframe them to build a positive habit.
9. Engage with uplifting content to support an encouraging mindset.
10. Reflect on gratitude daily to shift focus from criticism to positivity.

**Group Shares:** Which of these practices feels the most uncomfortable for you to try, and why do you think that is?

**Acknowledge:** THANK YOU for sharing!

### **5 self-reflective questions to inspire thought on developing affirmative self-talk:**

1. What is one negative thought I often tell myself, and how can I reframe it?  
*Example: Instead of "I'm not good enough," try "I'm learning and improving every day."*
2. When was the last time I gave myself credit for a small achievement?  
*Example: "I finished that project even though it was challenging—I did well."*
3. How would I respond if a friend shared the same self-doubt I feel?  
*Example: If a friend says, "I can't do this," you might say, "You're capable and resilient—just take it one step at a time."*
4. What affirmation feels genuine to me right now, and how can I make it a habit?  
*Example: "I am capable of handling whatever comes my way" can be a daily reminder.*

**Group shares:** Which of these self-reflection questions resonates most with you, and why?

**Acknowledge:** THANK YOU for sharing!

**Leader shares:** Making a habit of replacing negative self-talk with affirmations can greatly improve our mental health, building resilience, confidence, and inner peace. By choosing words that uplift, we create an inner environment grounded in God's love, power, and strength. Over time, these positive shifts reshape our perspective, leading us to a stronger faith and the surprising realization that our journey can inspire others who may be struggling in silence.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.

- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** [imperfectpaths.com](https://imperfectpaths.com)

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