



Positive Self-Talk Inventory (P-STI)

Date _____

Name _____ Sex _____ Age _____

You may find yourself talking to yourself when faced with problems or stress from various situations. Please rate how often you express the following 20 statements to yourself and the volume at which you speak them.	Frequency					Degree of loudness					
	never	rarely	sometimes	often	always	No* vocalization	Barely audible or mumble	Quiet or low volume	Moderate volume	Loud or raised voice	Very loud or shouting
1. I am stronger than I think.	0	1	2	3	4	1	2	3	4	5	6
2. I have overcome challenges before, and I can do it again.	0	1	2	3	4	1	2	3	4	5	6
3. I am capable of amazing things.	0	1	2	3	4	1	2	3	4	5	6
4. I deserve to be happy and successful.	0	1	2	3	4	1	2	3	4	5	6
5. I am not alone; support is always available.	0	1	2	3	4	1	2	3	4	5	6
6. I am making progress, even if it feels slow.	0	1	2	3	4	1	2	3	4	5	6
7. I have the power to change my situation.	0	1	2	3	4	1	2	3	4	5	6
8. I am worthy of love and respect.	0	1	2	3	4	1	2	3	4	5	6
9. I can find a solution to any problem.	0	1	2	3	4	1	2	3	4	5	6
10. I am resilient and can bounce back from setbacks.	0	1	2	3	4	1	2	3	4	5	6
11. I have the strength to keep going.	0	1	2	3	4	1	2	3	4	5	6
12. I am learning and growing every day.	0	1	2	3	4	1	2	3	4	5	6
13. I can handle whatever comes my way.	0	1	2	3	4	1	2	3	4	5	6
14. I am brave to face my fears.	0	1	2	3	4	1	2	3	4	5	6
15. I am doing my best, and that is enough.	0	1	2	3	4	1	2	3	4	5	6
16. I have the ability to create a positive future.	0	1	2	3	4	1	2	3	4	5	6
17. I am in control of my own destiny.	0	1	2	3	4	1	2	3	4	5	6
18. I am a valuable and important person.	0	1	2	3	4	1	2	3	4	5	6
19. I can find joy in the little things.	0	1	2	3	4	1	2	3	4	5	6
20. I am capable of achieving my dreams.	0	1	2	3	4	1	2	3	4	5	6
*Thoughts are purely internal											