

Self Talk

A diagnosis of neuroendocrine cancer can bring feelings of uncertainty and may sometimes lead to overwhelming thoughts and emotions.

During challenging times, our thoughts can begin to follow certain patterns that may or may not be helpful. On good days, we may feel more hopeful, resilient and optimistic.

On more difficult days, negative thoughts and self-doubt can become more prominent, leading to unhelpful self-talk from our inner voice.

Positive, or helpful, self-talk is a valuable tool that can help us manage stress, build resilience and maintain motivation during difficult situations.



Support



Education



Research



Awareness



Advocacy

Self Talk

Negative self-talk is common, particularly when facing health challenges. However, when left unchecked, it can contribute to feelings of sadness, defeat, reduced motivation and difficulty coping with everyday demands.

Negative self-talk may involve:

Over time, these habits can reinforce negative self-talk and may make future challenges seem bigger or more permanent than they really are.

Learning to recognise and challenge unhelpful self-talk can create space for more balanced thinking, improve problem-solving and help us approach stressful situations with greater confidence and clarity.

When used constructively, helpful self-talk can support us view ourselves and our circumstances from a broader perspective.

It encourages openness and can be a useful way to challenge negative thinking patterns during times of stress or uncertainty.

Steps to take

The first step is becoming aware of your thoughts as they occur and noticing when they become overly negative or self-critical.

The next step is to challenge those thoughts by asking yourself, "Is this thought completely true, or is it a feeling that may pass?"

From there, you can work on reframing the thought into one that is more realistic, constructive and goal oriented.

This does not mean ignoring difficulties; rather, it means acknowledging them while responding with self-compassion and balanced thinking.



Support



Education



Research



Awareness



Advocacy

Self Talk

Examples of Reframing Negative Self-Talk

Negative thought:

"I won't be able to cope with this appointment."

Helpful self-talk / reframe:

"I am coping as best I can in a difficult situation. I have already managed many appointments over the past few weeks, and I will take this one step at a time."

Negative thought:

"I can't handle any more pressure or decisions."

Helpful self-talk / reframe:

"I have had to make many decisions recently. I will focus on what I can control and seek support before I begin to feel overwhelmed."

Negative thought:

"I knew this treatment would never work for me. Nothing seems to be going well, and I can't do anything right."

Helpful self-talk / reframe:

"My medical team will help me understand my treatment options and guide me through the next steps. Learning takes time, and I can ask questions whenever I need clarification. It is okay to ask for help and support."



Support



Education



Research



Awareness



Advocacy

Self Talk

Take a moment to reflect on how you speak to yourself and what your inner voice is saying.

Would you speak the same way to a friend or loved one facing a similar situation?

If negative self-talk is becoming frequent or automatic, consider practising helpful self-talk and reaching out for support when needed. Small changes in the way we speak to ourselves can begin to make a positive difference in how we cope with life's challenges.



Support



Education



Research



Awareness



Advocacy