

EMPOWER YOURSELF AND BE A PART OF

# Erase SELF-NEGATIVITY

SUPPORTED BY **FRIXION** Erasable Pens

POWERING POSITIVITY

Our nation is facing a significant mental health crisis and **Dr. Elizabeth Scott, PhD, the National Alliance on Mental Illness (NAMI)—the nation's leading mental health organization—and Pilot Pen** are partnering to help provide resources and tools on how to minimize negative self-talk and create positive and purposeful change through the power of the written word.

We are often our own worst critic, and now more than ever, it is crucial to carve out time for true self-care. Many of us can become trapped in a cycle of negative self-talk, with one critical thought leading to the next. We would love to have you take the time to focus on changing this negative habit.



Dr. Elizabeth Scott

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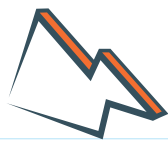
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HELP US



CHANGING YOUR NEGATIVE SELF-TALK

**On Erase Self-Negativity Day, we will focus on facing and erasing the damaging words and phrases that encapsulate our negative self-talk.** These are the words that can hinder our forward progress and damage our confidence. Words that, if left unchecked, could potentially lead to mental health issues. **Erase Self-Negativity Day** will help everyone that participates take a big, empowering step toward erasing the influence these negative words have on their lives.



# YOU HAVE THE POWER!



First, identify the primary, negative self-talk words that you play over and over again in your mind. Now, we will take the necessary steps to actively embrace our power to change this negative habit and create a place of positivity for yourself.

Getting started is easy, all you'll need is:

- A quiet location
- The desire to create change
- A FriXion erasable pen and paper

➡ Get comfortable; think about how it feels to be calm and fulfilled.

➡ Now think about the last time you were mean to yourself and the hurtful words you used in your negative self-talk.



### 1. Remember the Negative Words

Think about the hurtful words you used in your negative self-talk.

### 2. Write Them Down

Write down the single most negative, disempowering statement from that incident.

### 3. Copy the Words

Rewrite the words 2x; then shut your eyes and mentally erase the words one at a time.

### 4. Erase the Negativity

- Pick up your pen.
- Use the eraser to erase the first set of words.
- Embrace the white space and positive potential.

### 5. Create Positivity

Now write a positive affirming statement in its place.

### 6. Reinforce the Positive Habit

Now repeat the exercise with the other sets of negative words. Schedule time each month to prioritize your well-being.

You are on your way to erasing negativity and creating a new positive habit.

Congratulate yourself on taking the time to prioritize YOU!