

# Stop Hurting Your Own Feelings: Tips on Quashing Negative Self-Talk

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Do you ever hurt your own feelings?

For me, it's a common occurrence. A curt reply to that thoughtful work email, zero responses to that happy hour invitation – little slights like these get my inner critic going. *What a dumb thing to say! Of course they don't like you. Who do you think you are?*

This kind of negative self-talk can get in the way of creating strong relationships with ourselves and others. But there are ways to stop this spiral of thinking, says psychologist Ethan Kross. In moments of hurt or confusion, pause to consider other possibilities.

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