

SELF-TALK COMMUNICATION

Self-talk is something that is not usually under our conscious control. Hearing our internal chatter or "inner voice" is a natural part of being able to understand and produce language. This voice orients us to tasks that we need to accomplish, alerts us to some danger and helps us to review the events of our day. Sometimes our inner voice offers us useful advice and at other times, it can be extremely negative towards ourselves. Every person has an internal critic, the key to successful self-talk is to diminish the intensity of the voice, rather than try to eliminate it altogether.

Our internal chatter typically has one or two common expressions that occur. In the following exercise, you will have the opportunity to identify your negative self-talk.

In the first column, write down the phrases that you are repeating in your mind this week. i.e. "I am a bad communicator", "I am stupid", "I'll never find someone to love me", etc. Most of us have themes or preferred areas that we regularly return to with negative self-talk. In the second column, identify for each negative self-talk phrase the initial experience that created that judgement. (i.e. "I am unlovable" -I had a failed marriage). In the third column, identify what you know to be true about your self-talk phrases. By examining your self talk in this way, you can shift your thinking to what is true and minimize your negativity towards yourself.

LISTEN: Negative Self Talk Phrase	EXPLORE: Origin of Judgement	RELEASE: What do I know to be true?
<i>i.e. I am unlovable</i>	<i>i.e. I had a failed marriage</i>	<i>i.e. Even though I failed, I am worthy of love</i>

LISTEN: Negative Self Talk Phrase	EXPLORE: Origin of Judgement	RELEASE: What do I know to be true?