

Name:

Date:

Self-Talk



"Follow your heart, listen to your inner voice, stop caring about what others think." –Roy T. Bennett

What is self-talk?

Even though you might not know it, you're already practicing self-talk.

Self-talk is basically your inner voice, the voice in your mind which says things that you don't necessarily say out loud. Often self-talk happens without you even realizing it and can be a subtle running commentary going on in the background of your mind. But what you say in your mind can determine a lot of how you feel about who you are.

Self-talk can have a great impact on your confidence. It can be positive or negative, and have different effects on how you feel. There are a few ways you can develop better self-talk, which can be as simple as listening to what you're saying to yourself each day. It's a good idea to practice how to you talk to yourself, because feeling good is always worth the effort.

This can help you with feeling better about yourself, boosting your confidence, building your self-esteem, making friends, feeling in control ...

How can you improve your self-talk?

There is so much that you can do, but you need a place to start. Here are three basic things you can do that can help with changing the direction of your self-talk.

1) Listen to what you're saying to yourself

- We don't always consciously take note of that we're saying in our minds. The first step in improving your self-talk is to actually notice what your inner voice is saying. Take some time each day to listen, and even write down, what you're thinking.

2) Monitor your self-talk

- Is your self-talk more positive or negative? Start questioning your self-talk asking things like:
 - Is there actual evidence for what I'm thinking?
 - What would I say if a friend were in a similar situation?
 - Is there a more positive way of looking at this?
 - Am I keeping everything in perspective?
 - Can I do anything to change what I'm feeling bad about?

3) Change your self-talk

- Easier said than done, but definitely worth working on. Try by countering your negative thoughts with positive ones. For example, if you think "I'll never be able to do this", ask yourself "is there anything I can do that will help me be able to do this?" Avoid speaking in finite language and try and look for things that might add a better spin to a tough situation.

Why should I practice?

The more you work on improving your self-talk the better you will get. It's kind of like practicing an instrument or going to sports training, it won't be easy to start with but will get better with time.

It might not seem like much, but self-talk is a really important part of our self-esteem and confidence. By working on getting more positive self-talk, you're more likely to get things done and feel more in control of stuff that's going on in your life.

Positive sport psychology words

After the previous material, you might have gained a better idea on how to engage in positive self-talk. Let's see if you can apply that to sport psychology. Write down 30 positive sport psychology words that come to mind, but I want to think about the process instead of the outcome. For example, you can use 'motivated,' 'positive' and 'confident.'

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|-----------|-----------|-----------|
| 1) _____ | 11) _____ | 21) _____ |
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| 3) _____ | 13) _____ | 23) _____ |
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| 8) _____ | 18) _____ | 28) _____ |
| 9) _____ | 19) _____ | 29) _____ |
| 10) _____ | 20) _____ | 30) _____ |

Making it happen

A little voice in our head gives us messages. Sometimes the messages say that we are clever and doing well. At other times they say that we are that we can't do anything. You need to be able to recognize both sides of a situation to make sure you are on the right side of it. Write down how you feel when the messages are negative as well as how you feel when they are positive. The first examples have been done as an example.

Situation	Negative Self-Talk	Positive Self-Talk
1) Trying a new problem	I'll make a mistake	The more I try the better I will get
2) Giving a talk to the class	They'll laugh and tease me	I can do it
3) Asking if you can join a game	They don't like me	This will be fun
4)		
5)		
6)		