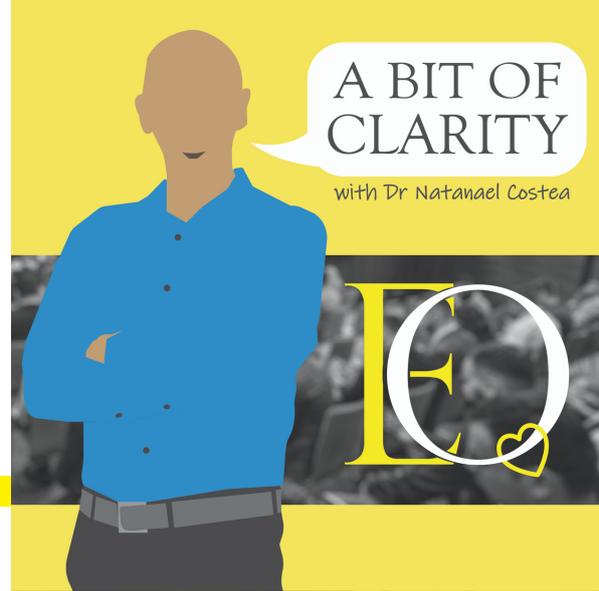


# EP 024

## SELF - TALK



### SHOW NOTES

#### OBJECTIVE

> Develop an understanding of self-talk.

#### UNDERSTANDING SELF-EFFICACY

> **Self-talk** is generally thought to be a mix of conscious and unconscious beliefs and biases that we hold about ourselves and the world generally. Self-talk can be **negative** or **positive**, and paying attention to which you sway more towards, can help you start making proactive changes about how you take on life's challenges.

> **Negative self-talk refers** to preconceived ideas that we're 'not good enough' or 'always a failure' or 'can't do anything right'. Our brains are hardwired **to remember negative experiences** over positive ones, so we recall the times we didn't quite get it right more than the times we do.

> **Positive self-talk** is the process of showing yourself some self-compassion and understanding for who you are and what you've been through. It sees our internal narrative switching **to ideas** like 'I can do better next time' or 'I choose to learn from my mistakes, not be held back by them'.

#### BENEFITS OF POSITIVE SELF-TALK

- 1. Helps to reduce stress.** Positive self-talk helps you reframe the way you look at stressful situations, understanding that you will approach challenges with the best of your ability no matter the outcome – you did the best you could.
- 2. Helps to Boost Confidence and Resilience.** Individuals who score highly for optimism and positive self-esteem are more likely to achieve their goals, score good grades, be more confident and recover quickly from set-backs.
- 3. Helps Build Better Relationships.** You're probably aware of what it feels like to be around someone who is positive, self-assured and content in who they are as a person. Research found couples who were more optimistic cited higher levels of cooperation and positive outcomes, and capable of picking up on the positive traits of those around them.

#### MANAGING SELF-TALK

- 1. Identify negative self-talk triggers and traps** - What environments or situations make you indulge in negativity?
- 2. Utilize positive affirmations** - Recite sayings, verses, songs, declarations to boost your positive self-talk.
- 3. Check-in with your emotions regularly** - Manage your self-talk by managing your emotions, be in control.
- 4. Create boundaries** - surround yourself with people who are positive and create boundaries towards the rest.

#### APPLICATION

> In what current situation do you need to apply positive self-talk? Go through the for steps above in managing it.

#### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
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