

January 11th, 2021

Like us on



Facebook
at

<https://luzioassociates.com>

for more
handouts and
information on
depression, anxiety,
grief, parenting, and
more.

See videos and access
links that offer more
information on mental
health.

Stay up to date with
the groups offered at
our agency and with
the office hours!

4411 Washington Ave.
Suite 300
Evansville, IN 47714
812-479-1916

Written by:

Brittney Cameron, IWS
MSW Intern

Understanding Self-Talk

Take a minute and think about what you've said to yourself today. Was it critical? Or was it kind and helpful? How did you feel after you engaged in this inner discussion?

Your thoughts are the source of your emotions and mood. The conversations you have with yourself can be destructive or beneficial. They influence how you feel about yourself and how you respond to events in your life. Self-talk is your internal dialogue. It's influenced by your subconscious mind, and it reveals your thoughts, beliefs, questions, and ideas.

People are becoming more aware that positive self-talk is a powerful tool for increasing your self-confidence and curbing negative emotions. People who can master positive self-talk are thought to be more confident, motivated, and productive.

Why is Positive Self-Talk Good for You

Negative Self-Talk	Positive Self-Talk
I've never done it before/ I don't know how to do it.	It's a chance to learn something new/I can learn.
It's too complicated/hard/ I'll mess it up.	I can figure it out/I've overcome tougher challenges.
Other people can do it better/Someone else should do it.	I look for the bright side of things/I deserve to win/I'm always improving.
I don't have the time/resources/experience.	I am resourceful/others will help me.
It won't work.	I'll come up with an answer.
I tried before and didn't succeed/ It looks stressful.	I enjoy adapting and growing with change.
I'm not good enough.	I trust myself to succeed.

Positive thinking and optimism can be effective stress management tools. Having a more positive outlook on life can provide you with some health benefits.

Research suggests people with positive self-talk may have mental skills that allow them to solve problems, think differently, and be more efficient at coping with hardships or challenges. This can reduce the harmful effects of stress and anxiety.

When you begin to recognize your types of negative thinking, you can work to turn them into positive thinking.