

# Self-talk

## Cognitive restructuring

**This aims to promote behavioural change through restructuring of thoughts.**

This is termed the “self-talk” or the internal dialogue we conduct with ourselves in order to interrupt the world.

Positive self-talk leads to achievement and increased confidence.

Negative self-talk leads to feelings of defeat including loss of control.

### Aspects of the self

Authors have structured self-awareness in different ways.

The model shown (fig. 1) consists of the inner world of thoughts and emotions and body sensations (relating to stress) and the outer world relating to people and the environment. The intermediately world of the senses are in between.

### Self-awareness and self-talk

There is an important difference between:

- Self consciousness which leads to embarrassment
- Self awareness which leads to knowledge about oneself. Increased self-awareness comes from listening to ourselves: the key questions are:
  - Am I the person I want to be?
  - What is stopping me becoming that person?
  - Why don't I allow myself to develop to the fullest?

### About the approach

In this treatment approach there are 3 phases:

- 1 Education of awareness of thought, feelings, sensations and behaviours
- 2 Restructure of the self talk from negative to positive alongside coping skills such as relaxation are learn
- 3 The new responses are applied to events through mental rehearsal, role playing and graded exposure

### Exercise in self-awareness

- 1 Try to answer the key questions:
  - Am I the person I want to be?
  - What is stopping me becoming that person
  - Why don't I allow myself to develop to the fullest?
- 2 Spend a few minutes writing down your thoughts three times in a day and examining them. Often on examination these thoughts can reveal a low self-esteem and a feeling of loss of control over circumstances.
- 3 Focus on your “gut feeling” each time you practice the relaxation method and write it down.
- 4 Identifying your emotional patterns
- 5 Do you express yourself spontaneously or with controlled emotions?
- 6 How well do you share your feelings?
- 7 How well do you release your emotions in order to move forwards. How do you do this?
- 8 Awareness of the body comes through recognising where tension is stored in the body (muscles and organs): where do you store your tension?

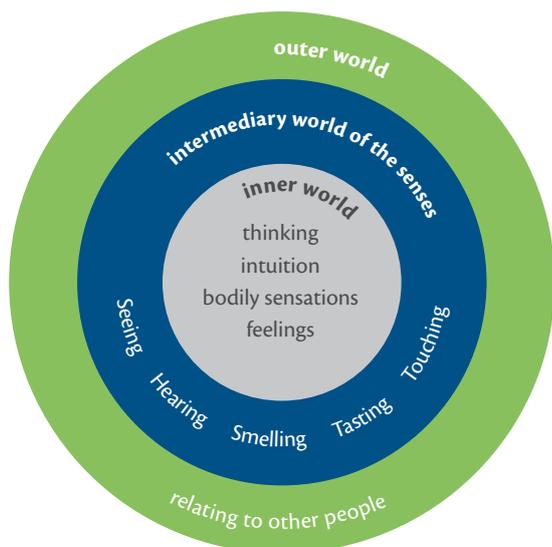


Fig. 1