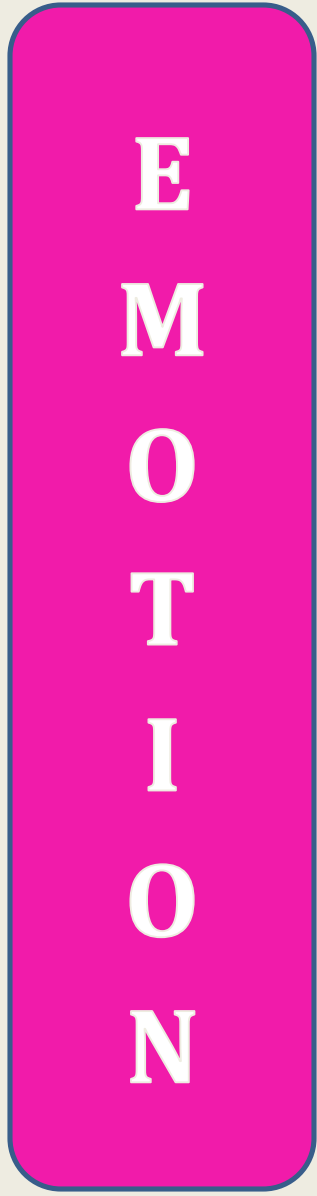
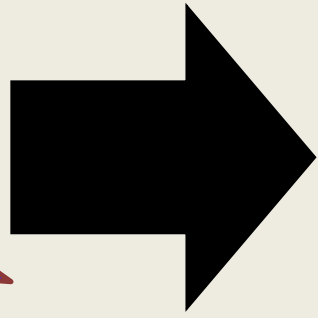


*Drag your thoughts away from your troubles... by the ears, by the heels,  
or any other way you can manage it.*

Mark Twain

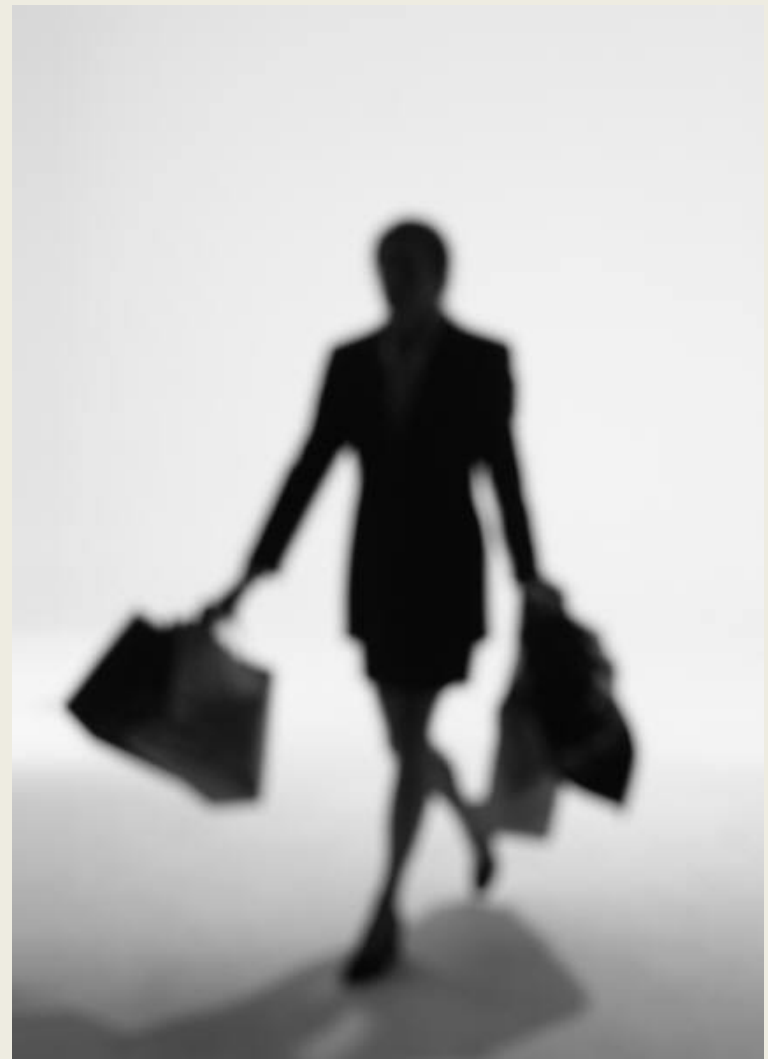
# **SELF-TALK**

## **MODULE 7**



Walking through a store, you see a friend walking toward you, you say hello, but the friend doesn't acknowledge you.

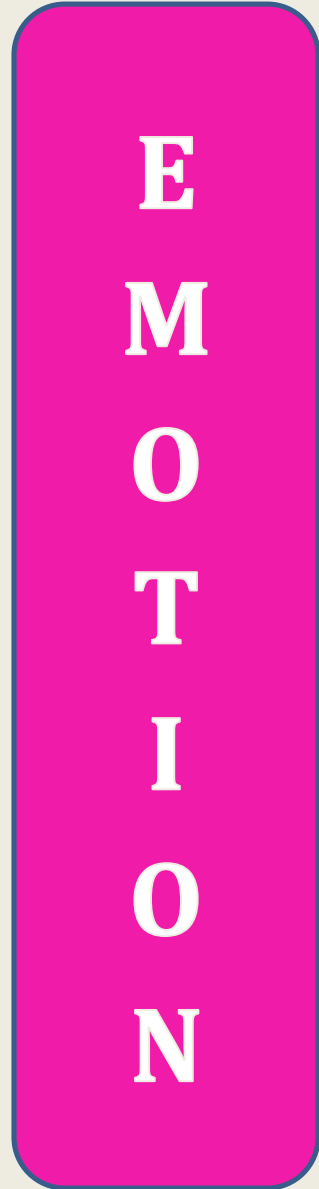
What emotion are you experiencing? How do you feel?

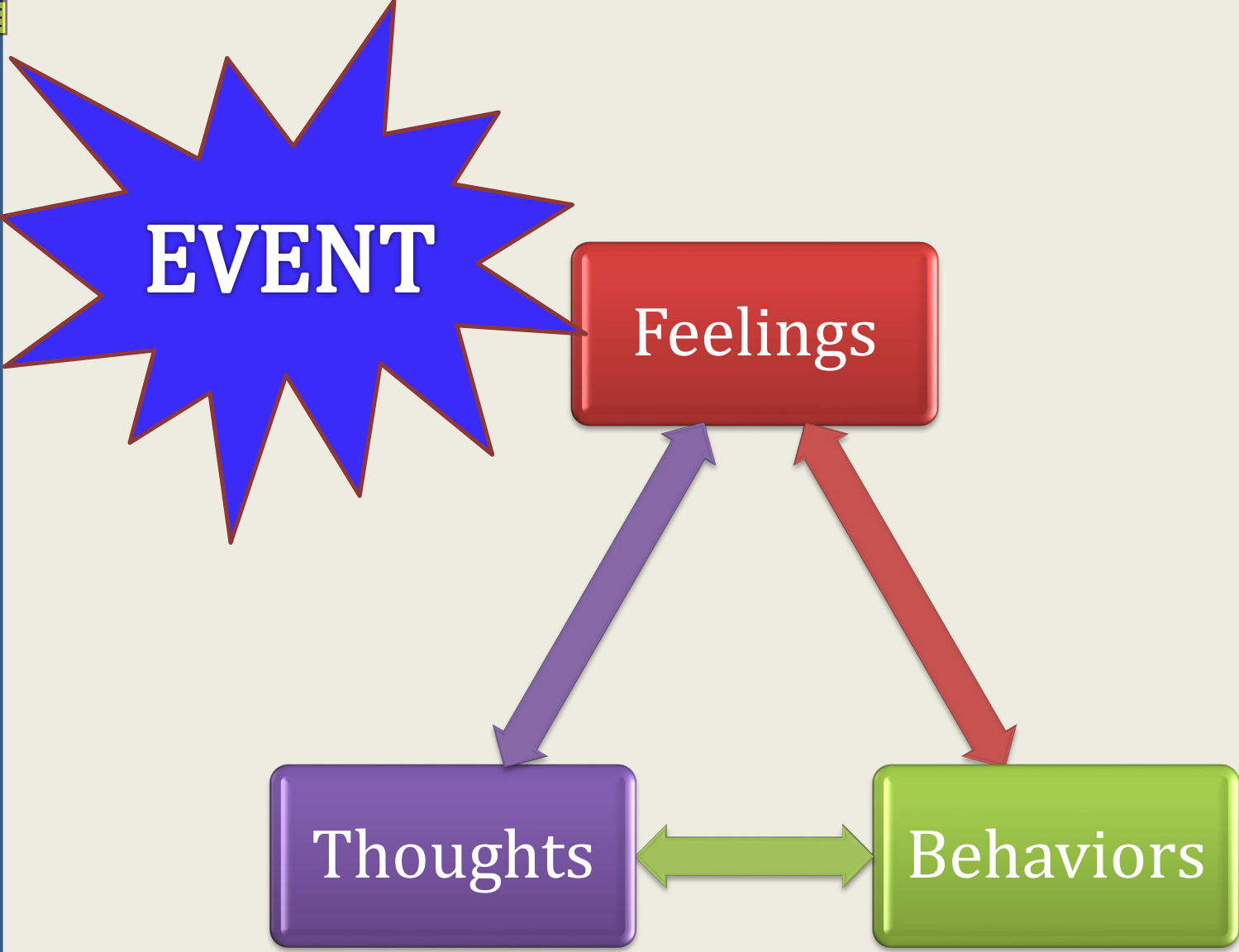




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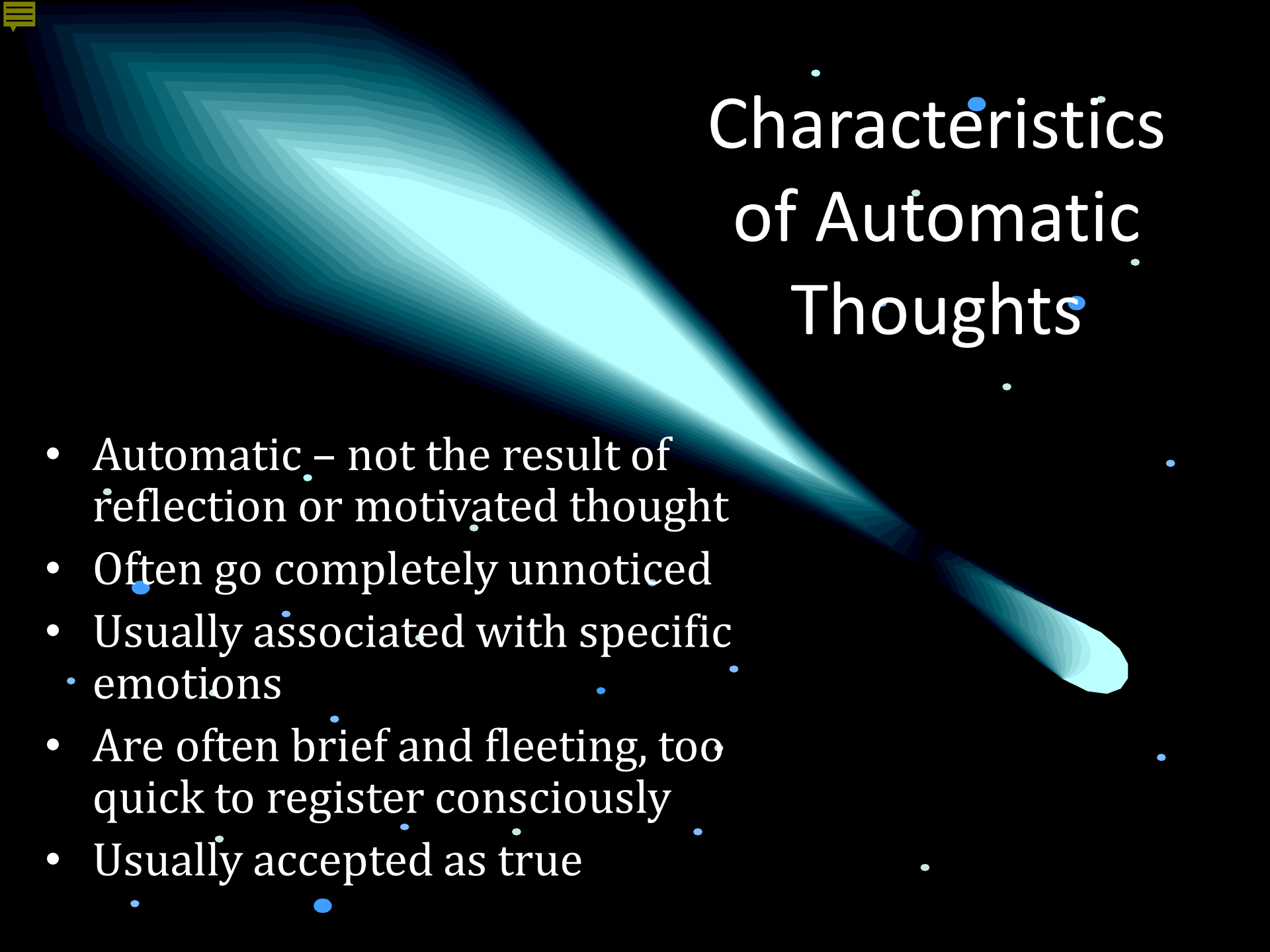
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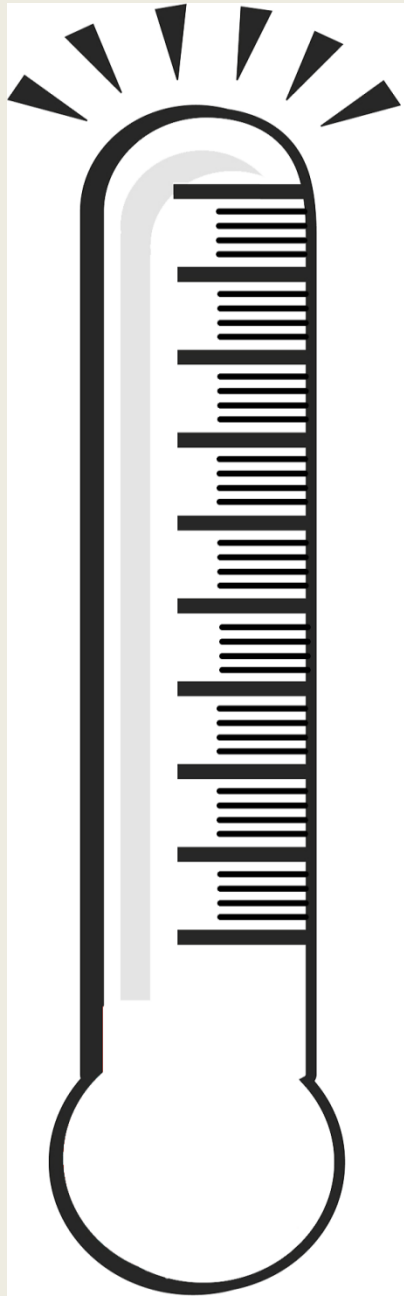
## Friend is late for dinner

What you think	How you feel	What you do
He's mad at me.	Worried or anxious	Hide, or ask other friends what you did wrong
He is wasting my time!	Annoyed or angry	Act cold, be accusatory, etc.
Oh well, I'm not that hungry	Indifferent	Nothing in particular
Typical – what a goof!	Amused	Relaxed and enjoying self.



# Characteristics of Automatic Thoughts

- Automatic – not the result of reflection or motivated thought
- Often go completely unnoticed
- Usually associated with specific emotions
- Are often brief and fleeting, too quick to register consciously
- Usually accepted as true



# Mood Thermometer

10 – Feeling really good

0 – Feeling really bad



# 1. Identify Self-Talk

The first step is to slow down your thinking and try to become aware of your thoughts

- What are you saying to yourself about what happened?
- About yourself?
- About what you did?

# Dropping Jar in Grocery Store

- What's your first thought when you drop and break a jar?
- What does this mean for you?
- If you don't know what you thought, then how did you feel? Angry, embarrassed, amused?



## 2. Identify Mistakes in Thinking

- We often have thoughts about things that are not based in fact
- These thoughts can make us feel bad
- They may be things you would never say to a friend, but you say them to yourself

Changing the way you think, makes you more immune to what people say to you that hurts you, or makes you mad, etc.

# Don't Let Your Self-Talk Get in the Way of Letting People Support You

- Telling yourself that other people look down on you for how you handled yourself only increases how badly you feel
- Your self-talk may not be based on facts
  - Look at the facts
  - Check out perceptions with others
  - Avoid media accounts/comments on websites

# Mistakes in Thinking

- Black and White Thinking
  - I can't stand anyone who votes (fill in the blank)
- Jumping to Conclusions
  - I know she thinks I didn't do the job right because she frowned
- Catastrophizing
  - I'm going to be fired
- Dismissing the Positives
  - Anybody could have done what I did, it's no big deal

# Mistakes in Thinking (continued)

- My Fault
  - If I hadn't (fill in the blank), that person would have lived
- Should/Must
  - They should do things differently, the way they do them now makes no sense
- Emotional Reasoning
  - I don't feel like working, I think I'll just stay home

# 3. Look at the Evidence

## Facts Supporting Self-Talk

**What are the FACTS that she thinks I didn't do the job right because she frowned?**

- She frowned

## Facts Disputing Self-Talk

**What are the FACTS that she isn't unhappy with how I handled the job?**

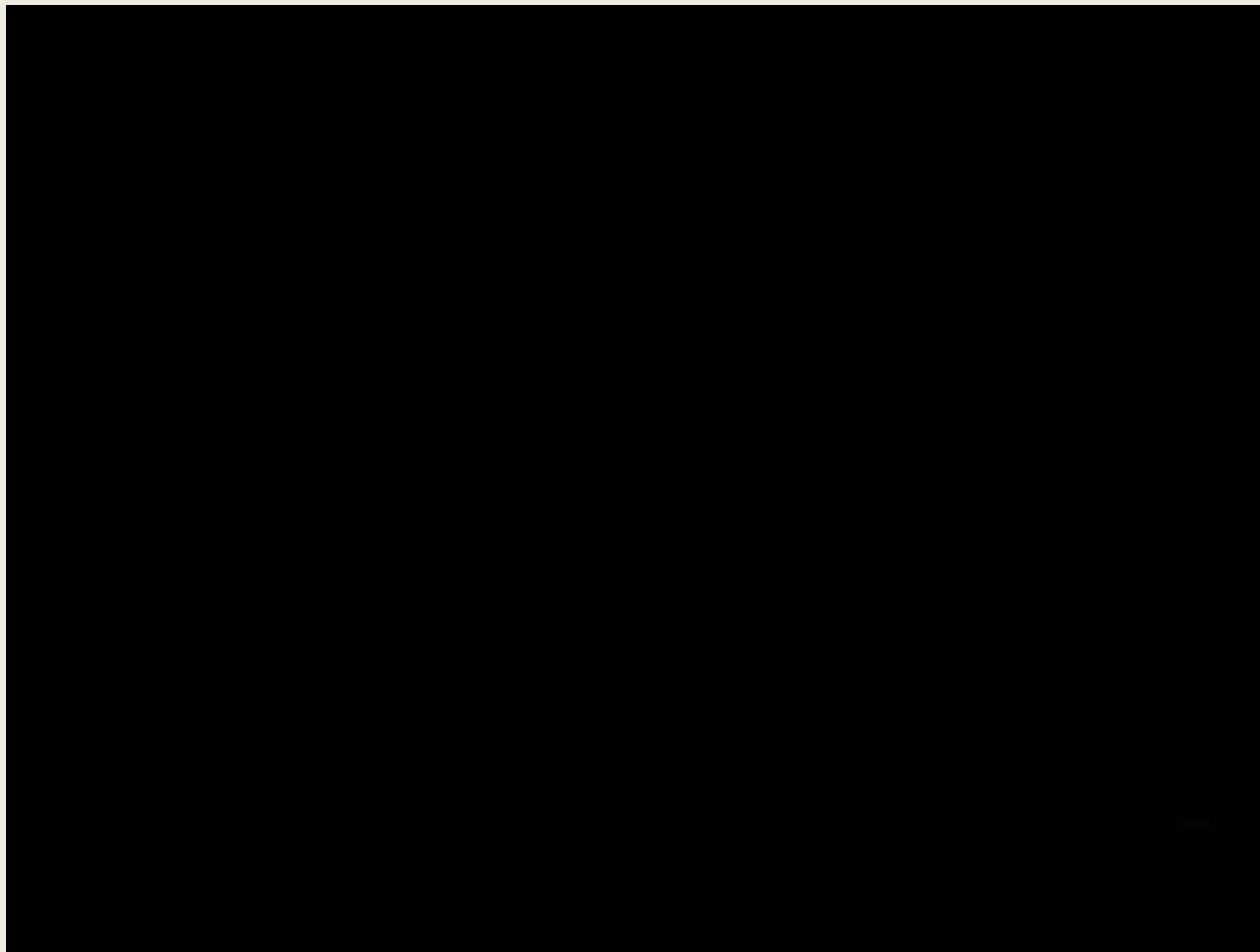
- She always frowns
- She said "thanks for all you did"
- Several other people thanked me
- I followed procedure

## 4. Develop a New Thought Based on the Facts

- Realistic counter-thoughts may change the way you feel
- Realistic does not always mean positive
  - Utilize questioning
  - Evidence
  - Other's viewpoint



# Save the Shoes



[http://www.ted.com/talks/mark\\_bezos\\_a\\_life\\_lesson\\_from\\_a\\_volunteer\\_firefighter.html](http://www.ted.com/talks/mark_bezos_a_life_lesson_from_a_volunteer_firefighter.html)