

WHAT ARE THE CHARACTERISTICS OF SELF TALK?

➤ **Automatic and never ending.**

- The words and conversations in our minds do not stop, even when we aren't aware or tuned in. When we do become aware, we often say the thought just popped into our head automatically.
- Once people become aware of self-talk, it is very hard to shut it off. Ask if anyone has had trouble falling asleep because of self-talk?

➤ **Like an avalanche of words.**

- Not only is it always going on, it comes at us way faster than normal conversation. Did you know? Normal speech is about 100-150 words per minute, auctioneers speak at 250 words per minute, but self-talk comes at 800-1400 words per minute. This causes people to feel overwhelmed.

➤ **Personally meaningful.**

- When a person becomes aware of self-talk and is able to slow it down to understand what it is saying, a person may automatically accept the message as true.

➤ **Mostly negative.**

- Criticizing others or oneself.
- 75% or more of self-talk is negative.
- TRY THIS: Pay attention to different groups of people talking and estimate what percentage of what is said is negative. Do the same for TV or radio, especially news. Share at the next meeting.

➤ **Creates negative feelings**

- Guilt, fear, and letting others down are commonly produced by self-talk.
- Self-talk sounds like a bossy person telling a person what they should do, could have done, have to do, are supposed to do. This creates pressure to satisfy other people's expectations.

➤ **Magnifies feelings out of proportion.**

- Because self-talk comes from within, doesn't stop, repeats itself over and over, and is personally meaningful and negative, it makes things in life seem so much worse than reality.

➤ **Linked to our experience-our past.**

- Self-talk can come from what others have said to a person or about a person or judgments about others. The messages may or may not be true, and even if they were true at one time, they do not account for changes people have made in their lives.

Self-talk is learned. This means that each person has the power to change and control it to move themselves in positive directions.