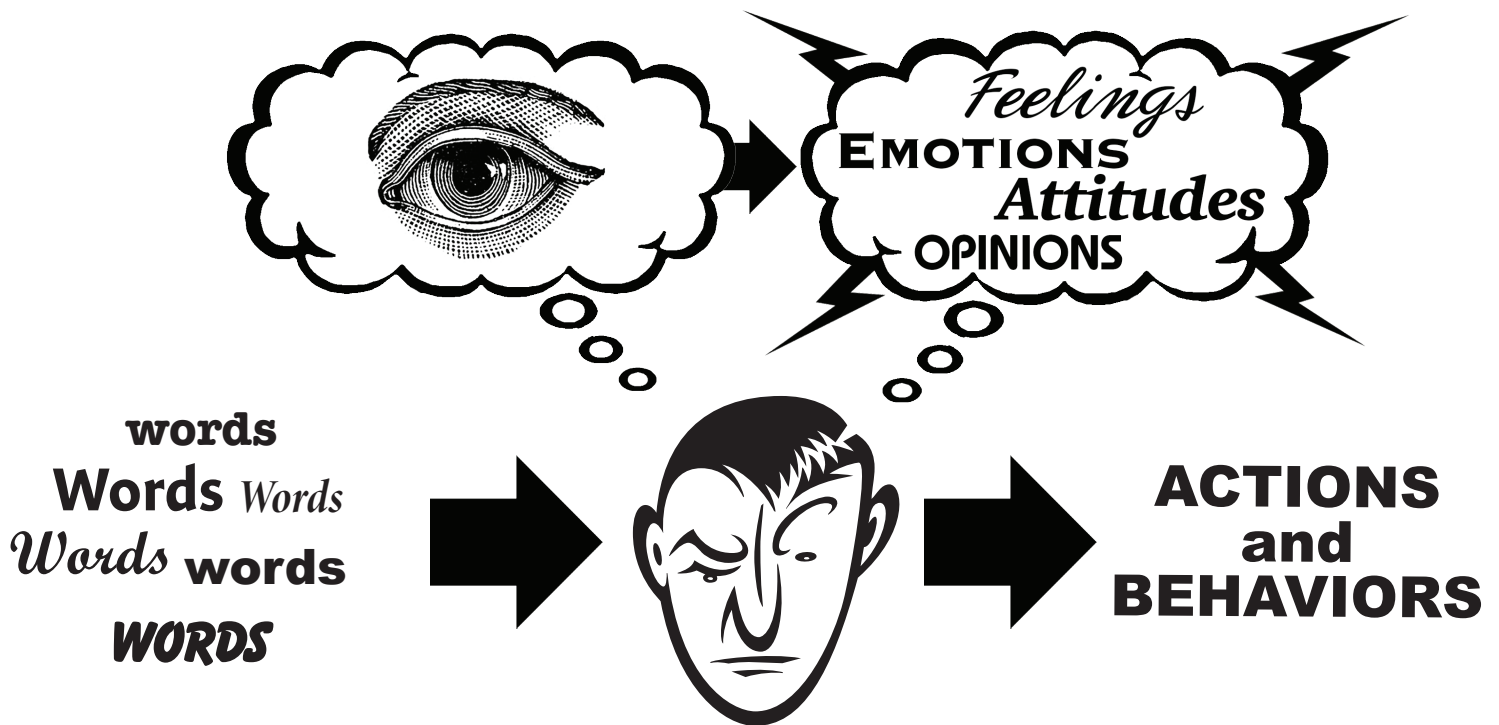


SELF TALK

Words trigger images in our mind's eye that trigger feelings that trigger actions.



Self talk is:

- **Automatic:** always going, even when we don't pay attention to it.
- Comes at us like an avalanche, 800 to 1,400 words each minute. Normal conversation is 100 to 150 words per minute. The maximum is 250 words per minute.
- Personally meaningful, but often doesn't come in complete sentences that others would understand. We often accept the internal dialogue as true without considering it much.
- Mostly negative at about 75 percent or more, unless we learn to change it.
- Very critical. We are hard on ourselves and others, which hurts self confidence.
- Tends to magnify things or make them seem worse, more terrible (awfulize) and a bigger deal (catastrophize) than they really are.
- Often sounds like a bossy person telling us what we should, ought, and have to do, which leads to feelings of guilt.
- Often comes from what others have said to or about us in the past (whether true or not in that particular situation).
- Is learned, meaning we can learn to control and change it.