

What to Say When You Talk to Your Self	
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No!	<p>We are told "No!" more than 148,000 times during the first 18 years of our life</p> <ul style="list-style-type: none"> - During the same period, a person is told what they can do or what they can accomplish only a handful of times
	Behavioral researchers tell us that as much as 77% of everything we think is negative, counterproductive and works against us
Belief	We believe what others tell us and what we tell ourselves most
What we think is what we become	You will become what you think about most
Importance	Self-talk has a great deal to do with what you accomplish, how you feel about anything and who you become
Self-help solutions	<p>The best-selling success solutions were only able to create lasting changes in only a handful of the tens of thousands of people who tried them</p> <p>Nothing you read once is permanent</p> <ul style="list-style-type: none"> - Self-help programs require constant attention and effort <p>Any change that takes too much time, requires too much sacrifice, or is too complex will not get used</p> <ul style="list-style-type: none"> - A successful self-improvement concept has to be simple, easy to use and it has to work
Children	<p>Because children are completely dependent on others and it is important for survival to listen to and believe others, they learn to accept what others tell them</p> <p>Young, impressionable children are told things which end up working against them</p> <ul style="list-style-type: none"> - "You never listen" - "You don't care about anyone but yourself" <p>What children think about themselves will affect how well they do in school, how well they get along with others, the kind of career they'll follow and how well they will do in every big and small area of their lives</p> <p>Children will become what they believe about themselves most</p>
Brain	We talk to ourselves all the time

	<ul style="list-style-type: none"> - We are not even aware of most of our self-talk <p>The brain ties any new information or thought to something else in the mind to give it sense and make it understandable</p> <ul style="list-style-type: none"> - The brain tells you how to feel about this new thought and whether you should believe it, keep it and use it, or disbelieve and throw it out <p>The longer you believe something, the harder it is to change that belief</p> <ul style="list-style-type: none"> - This is why it's hard to teach old dogs new tricks or change someone's mind
Negative self-talk	<p>Most of the people who use negative self-talk are not aware of what they are saying</p> <ul style="list-style-type: none"> - Any time you make a negative statement about yourself, you are directing your subconscious mind to make you become the person you described <ul style="list-style-type: none"> - "I just don't have the patience for that" - "Nobody likes me" - "You can't trust anyone anymore"
Talking about problems	<p>When we talk to friends, it sometimes seems easier to talk about problems than about exciting potentials</p>
Habit	<p>By the time we reach adulthood, we are so conditioned to think in a certain way that our pattern of self-talk becomes habit</p>
Feelings	<p>How we feel about something will dictate what we do and how well we do it</p> <ul style="list-style-type: none"> - How you feel about your job, your family, your health, will determine how you behave in each of these areas <p>Without a good attitude, a perspective that allows one to see the opportunities ahead and set one's sights to reach them, it never will happen</p> <ul style="list-style-type: none"> - Our belief about something will determine our attitude about it <ul style="list-style-type: none"> - Belief is powerful enough to make something appear to be something different than what it really is <ul style="list-style-type: none"> - Most of what reality is to each of us is based on what we have come to believe—whether it's true or not
Goal of self-talk	<p>To override past negative programming by erasing and replacing it with conscious, positive new directions</p>
Levels of self-talk	<p>Negative acceptance</p> <ul style="list-style-type: none"> - This form of self-talk works against us and is the most

	<p>frequently used</p> <ul style="list-style-type: none"> - “I can’t ...” - “If only I could ...” <p>Recognition and need to change</p> <ul style="list-style-type: none"> - Stating our recognition of our need to change <ul style="list-style-type: none"> - This works against us because it creates guilt and disappointment and creates no solution - “I need to ...” - “I should...” <p>Decision to change</p> <ul style="list-style-type: none"> - Recognizing the need to change and stating the decision to do something about it in the present tense <ul style="list-style-type: none"> - This tells your subconscious to get moving and make the change - “I no longer ...” <ul style="list-style-type: none"> - “I no longer put off doing anything I want to get done” - The subconscious mind will believe anything you tell it if you tell it long enough and strongly enough <p>The better you</p> <ul style="list-style-type: none"> - Replaces helpless ‘cannots’ with powerful “Yes, I can” <ul style="list-style-type: none"> - This is the most effective kind of self-talk - You are telling the subconscious: “This is the me I want you to create. Now let’s get to work!” - “I am ...” <ul style="list-style-type: none"> - “I am healthy” - “I do everything I need to do when I need to do it” - “I am able to remember any name I choose to” <p>Listen for anything you may be saying to yourself that could be working against you, and start using self-talk that works <i>for</i> you</p>
How to think positively	<p>You need to give yourself a specific, new word-for-word vocabulary of the right things to say</p> <ul style="list-style-type: none"> - Without this new vocabulary, you will slip back into the old habit of negative thinking - Positive thinking works if the negative thoughts are replaced with the opposite
Motivation	<p>Most motivation doesn’t stick</p> <ul style="list-style-type: none"> - All external motivation is temporary <ul style="list-style-type: none"> - Lasting motivation takes more than a single reading of a book, getting an occasional talk from the supervisor, or the encouragement of a friend <ul style="list-style-type: none"> - We want to believe the external motivator but our comfortable, old program waits for us to come to our senses and believe what our past programming has taught us

	<p>The only motivation that lasts is internal motivation</p> <ul style="list-style-type: none"> - The most successful people at something are those who are their own best motivators
Busy	We are too busy staying alive to figure out how to live
Methods of self-talk	<p>Silent self-talk</p> <ul style="list-style-type: none"> - This is either a conscious or an unconscious internal dialogue <ul style="list-style-type: none"> - It includes anything you think about yourself or anything else around you - You replace old negative self-talk with new positive self-talk <ul style="list-style-type: none"> - It requires more awareness than effort - Most of the things we call problems are really only perceived as problems <ul style="list-style-type: none"> - The way you think about it determines whether they really are or not <p>Self-speak</p> <ul style="list-style-type: none"> - Anything you say out loud to yourself or to someone else about yourself or anything else - What you say dictates what you are feeding to your subconscious mind <p>Self-conversation</p> <ul style="list-style-type: none"> - Talking to yourself out loud and holding down both ends of the conversation <ul style="list-style-type: none"> - This engages more of your senses and puts more of you to work in reprogramming yourself <ul style="list-style-type: none"> - Athletes are trained to give themselves verbal motivation <p>Self-write</p> <ul style="list-style-type: none"> - Writing phrase for phrase the self-talk needed to achieve the desired changes <ul style="list-style-type: none"> - You can write the self-talk on index cards and read them daily <p>Recorded self-talk</p> <ul style="list-style-type: none"> - Listening to recordings of self-talk <ul style="list-style-type: none"> - Useful when there isn't time to read self-talk cards - You can listen to positive self-talk that is wiring your brain and improving your life while you're doing something else - Most effective means of changing one's old program because it gives one the repetition required to rewire the brain
Choice	It is our choice to see things any way we want to see them
Present tense	All self-talk is written, recorded, listened to, thought and spoken in the

	<p>present tense</p> <ul style="list-style-type: none"> - You would not say, "I'm going to lose weight" <ul style="list-style-type: none"> - This tells your subconscious to change some other time - Do not use any of the following phrases: "I will, I'm going to, I need to, I'd like to" - Instead say, "I eat only what I should," "I set goals and I follow them," "I always do everything I need to do, when I need to do it"
Effective self-talk	<p>Personal self-talk should be simple, direct, and deal with every facet of the problem or goal being worked on</p> <ul style="list-style-type: none"> - When you want to achieve precise goals, give precise commands <ul style="list-style-type: none"> - Tell the subconscious what to do in the present tense
Situational self-talk	<p>Used to overcome some momentary circumstance which disagrees with you</p> <ul style="list-style-type: none"> - Adjusts situations by adjusting how we look at them <ul style="list-style-type: none"> - "This is going to be fun. I'm going to enjoy cooking today" - You can't change the work, but you can change how you feel about it <p>Don't let situations and circumstances control you</p> <ul style="list-style-type: none"> - You control how you deal with every situation you confront <ul style="list-style-type: none"> - You can't change what is out of your control but you can change how you feel about it
Making things worse	Our own words, our own thoughts make problems worse
Practical steps	<p>Listen to your self-talk for the next 48 hours</p> <ul style="list-style-type: none"> - Consciously listen to each thought you think to yourself - Is your self-talk basically negative or positive? <p>Write down your 10 most-used negative self-talk phrases</p> <ul style="list-style-type: none"> - Any negative self-talk phrase you use can be turned into positive self-talk <ul style="list-style-type: none"> - "I really need to exercise" can be restated as "I enjoy exercising and I really like how it makes me feel" <p>Make a recording of the self-talk</p> <ul style="list-style-type: none"> - Repeat each suggestion 3 times with a pause between each
Personal responsibility	You can make the decision to choose what to do or you can sit back and let the outside world choose for you