

# Self-Talk & Impulse Control

## What Do You Say to Yourself?



**SELF-TALK** — Your internal dialogue or what you say to yourself. Self-talk can be influenced by your family, friends, and others. It reflects your style of thinking, optimistic or pessimistic. It can be positive or negative, encouraging or distressing, helpful or harmful.

**NEGATIVE SELF-TALK** — An internal dialogue that reflects negative, self-defeating thinking.

**POSITIVE SELF-TALK** — An internal dialogue that reflects positive, self-affirming thinking. Research indicates that positively talking to yourself is an effective stress management technique that improves health and well-being. Many athletes use positive self-talk to improve their performance. It can even improve immune function, reduce pain, and contribute to living a longer, more satisfying life.

People who practice positive self-talk can develop neural networks in their frontal lobes for saying 'no' to risky behavior, solve problems more quickly, cope with emotional pain, and think differently about situations.

**MANTRA** — A statement or slogan repeated frequently to achieve a different state of thinking and being.

<h3>Negative Self-Talk</h3> <p>List all the negative things you hear yourself say about yourself and others. Be honest! No one is judging (except maybe you)!</p>	<h3>Positive Self-Talk</h3> <p>List all the positive things you hear yourself say about yourself and others. Add the positive things you want to hear yourself say more often.</p>
<h3>Self-Talk Trap</h3> <p>Situations, people, or places that may trigger negative self-talk and impulsive behavior.</p>	<h3>Mantra</h3> <p>Create a personal positive self-talk statement.</p>