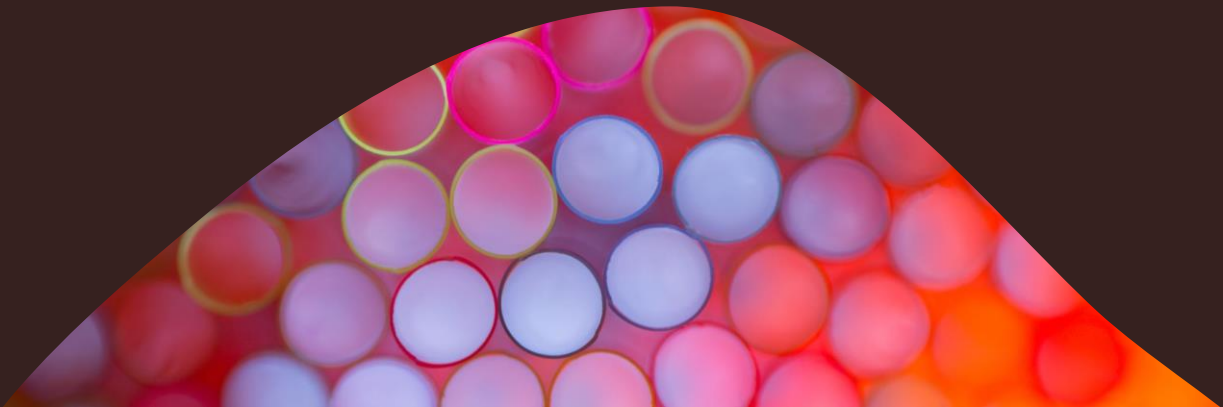


#WellbeingWednesday

Week 6 – understanding the positives and negatives of self-talk.



What is self-talk?

- **Self-talk** is your internal dialogue. It's influenced by your subconscious mind, and it reveals your thoughts, beliefs, questions, and ideas.
- **Self-talk** can be both **negative** and **positive**. It can be encouraging, and it can be distressing.
- Much of your **self-talk** depends on your personality.
- Take a moment to think about your self talk- are you realistic with your self talk? Harsh? Negative? Mean? Are you reinforcing negative beliefs about your own abilities?
- Becoming aware of and trying to change your self talk can be a positive step in improving your well-being.



Look for Evidence



1. Did I ever do this well before?
2. Is there something else like this that I am good at?
3. Does this always happen or is it temporary?
4. Is this true for all things or is it true for just a few things?
5. Is this all my fault or am I only partly responsible?

healthy Self-Talk



THIS

NOT THAT

| | |
|------------------------------------------------------|---------------------------------------------|
| ✓ Whoops. I made a mistake. | ✗ I'm so dumb. |
| ✓ I like me. | ✗ No one likes me. |
| ✓ I did something bad. | ✗ I'm a bad person. |
| ✓ This is really hard, but I'm going to keep trying. | ✗ I give up. I'll never be able to do this. |
| ✓ I haven't figured it out...yet. | ✗ I never get anything right. |
| ✓ I am enough. And worthy, too. | ✗ I'm not good enough. |

Beware of The Velcro/Teflon effect

The Teflon effect is that evidence that contradicts our beliefs often glides right off us--we don't see it or remember it.

Example: You aced a maths test once but don't remember because it doesn't suit your belief that you're rubbish.



Velcro – Evidence that fits our beliefs sticks to us like Velcro.

Example: My maths teacher gave me a detention fits belief that you are rubbish at maths.

