

Jamison: Patient Education and Wellness

HANDOUT 14.6: MANAGING SELF-TALK

- ☐ Identify self-talk. Prepare a thought diary; use three columns to record:
 - your feeling(s) and the intensity of your feeling
 - the thoughts or self-talk associated with that feeling and/or situation
 - the specific situation in which these feelings and thoughts occur
- ☐ Identify and eliminate faulty interpretations
- ☐ Screen and eliminate negative self-talk. Beware of:
 - emphasizing mastery rather than coping. Don't set unrealistic standards
 - catastrophizing. Don't maximize the impact of negative consequences
 - focusing on setbacks
 - failing to own successes
- ☐ Control your self-talk
 - Deliberately use new constructive self-talk which is:
 - personal ('I' rather than 'you')
 - positive
 - practical
 - phrased using the present tense
 - Repeat new self-talk until it becomes automatic
- ☐ Use coping self-talk. This consists of:
 - calming self-talk – tell yourself:
 - to stay calm
 - that you can cope
 - coaching self-talk – this includes:
 - setting clear goals
 - breaking tasks into manageable components
 - concentrating on the task at hand

Coaching self-talk is enhanced by problem-solving and creative-thinking skills

See also:

<http://www.webmd.com/diet/slideshow-energy-mood-boost-diet>

<http://www.webmd.com/balance/stress-management/stress-management-doing-guided-imagery-to-relax>

<http://www.webmd.com/balance/tc/music-therapy-topic-overview>

<http://www.webmd.com/video/laughter-heals>

<http://familydoctor.org/online/famdocen/home/articles/650.html>