

Self-Talk

Self-talk is the internal conversations you have with yourself prior to, during, and after your performances. How you think and what you tell yourself directly effects how you feel and perform. Positive self-talk enhances your confidence, makes training and competition more enjoyable, and strengthens your belief in your possibilities. Negative self-talk creates feelings of doubt, fear, and anxiety which limit your ability to perform up to your true potential. Focus on using self-talk that is instructional, uplifting, and faith promoting. By intentionally improving your self-talk, you can live a more productive, successful, and enjoyable life.



“The winners in life think constantly in terms of I can, I will, and I am. Losers, on the other hand, concentrate their waking thoughts on what they should have or would have done, or what they can’t do.”

Denis Waitley

Improving Self-Talk

- **Positive Mental Program** – Create a list of 20-25 positive statements about yourself and your life. Read it out loud daily to build your confidence, express your gratitude, and keep life in perspective.
- **Stop and Replace** – When you notice that you are using negative self-talk, tell yourself to, “Stop,” replace the negative thought with something brief and positive, and get out of your head and connect with the world around you.
- **Surround Yourself with Positive** – Choose to spend time with positive people, listen to uplifting music and inspiring media, and read and watch stories with positive messages.
- **Positive Journaling** – Regularly write positive thoughts in a journal. You can express gratitude for your blessing, relate experiences that inspired you, share stories of personal success, and describe your vision for your future.
- **Ask Others for Help** – Invite those closest to you to help you be more positive. They can help you recognize when you’re being negative so you can be more aware and make the changes you desire.
- **Pay Attention to your Feelings** – Your emotions will help you become more aware of your self-talk. In most instances, life circumstances don’t determine how you feel. Instead, it is your thoughts about those situations that bring you down or cause you stress. By tuning into your emotions you can become more aware so you can make the changes you desire.

Remember: You can’t live a positive life with a negative mind!

“The last of human freedoms is the ability to choose your attitude in any given set of circumstances.”

Viktor Frankl-Concentration Camp Survivor

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