

Self Talk

What is Self Talk?

Have you ever heard a constant chatter in your head from the moment you wake up till you go to sleep? Don't worry, you're not going crazy and neither are the men in white coats coming to get you! This "noise" or chatter is called "Self Talk" and this is with you all the time and it's an internal conversation you have with yourself. For example, you might catch yourself saying things like "I wish I could be more confident" or "if only I had known better" or even "I feel great". Have you ever caught yourself flitting from one thought to another within seconds? Well that is self talk for you! It is a bit like an unchained monkey darting from one thought to another if uncontrolled.

Why be concerned about positively influencing Self Talk?

Self talk has an impact on a number of areas even without us realising it. When we use self talk positively, we can increase the following:

- Self esteem
- Confidence
- Motivation
- Desired behaviour
- Improve our conversations and interactions with others

More often than not, we are unaware of these internal conversations we have with ourselves.

How can self talk be utilised effectively?

Firstly, identifying the kind of conversation we have with ourselves by asking "is this positive language or negative language? Examples of positive language could be "I like myself", "I can speak in public" or "I can do whatever I choose to put my mind to". On the other hand negative self talk is "I'm not good at my job" or I am afraid.

When we become aware of our internal conversations, we are thus in a better position to make the necessary changes in leading their best lives.

What can you do to help yourself?

For a couple of hours, be aware of your language as you go about your everyday business. Ask yourself the following: is my internal conversation on the whole more positive or more negative?

To help you utilise self talk more effectively, why not book a complimentary exploratory session TODAY by calling us on +44 207 241 3646 or by emailing us at contact@aimhighltd.com