Examples of Self-Talk (7-B)

Before a situation occurs:

“Plan by Getting Ready” –prepare yourself to succeed.

This is going to be tough, but I can handle it.

I’ll take a few deep breaths beforehand.

Let me think about what I have to do.

Here’s my plan for how to deal with this.

Don’t take it personally.

Don’t jump to conclusions.

No matter what other people say or do to me, I am still a good person.

During the situation:

“Act Face to Face” –deal with the situation, face your fears, and get in the middle of it.

If I stay cool, I’ll be in control.

Stick to the issues.

Don’t let him/her rattle me.

I don’t need to prove myself.

I can handle it.

I have a right to my point of view.

“Cope Before It’s Too Much”—use self-talk when you feel overwhelmed, like when your feelings are getting out of control or when the situation becomes difficult.

You may be able to handle the situation without feeling that you are losing control.

I’m getting tense, so I better breathe.

He wants me to get angry - but, I’m not going to.

Don’t let him/her rattle me.

Let him/her make a fool of himself/herself.

There’s no shame in leaving and coming back later.

It isn’t worth getting all stressed out.

It won’t last much longer.

I’m not giving the control over to him/her.

After the situation has occurred:

“Evaluate Afterwards” - analyze the situation and what you did, and give yourself some pats on the back.

If resolved

It worked out pretty well.

It wasn’t as bad as I expected.

I did it!

If unresolved

I’ll do better next time.

I can do it differently next time.

Forget about it.

Thinking about it only keeps it alive.

These are tough situations, and they take time to figure out.

Put the self-talk in your own words.