

SELF-TALK & CORE-NEEDS HANDOUT

Your self-talk can have a big impact on your life, from your self-esteem and confidence to making poor choices. There is positive and negative self-talk and they both have an impact on how you act and feel.

WHAT IS 'SELF-TALK'?

Even though you might not always be consciously aware of it, you have self-talk. Self-talk is either positive or negative and is your inner voice, that is making a running commentary about life.

Often our self-talk occurs without us realising it. This is often because we are on 'automatic-pilot' or that we are so used to our thinking that we don't reflect on how our thoughts are influencing us at that moment in time.

What you are saying in your mind can shape how every aspect of your life you're your self-esteem to behaving badly.

WHAT IS POSITIVE AND NEGATIVE SELF-TALK?

Positive self-talk described the positive and optimistic thoughts that you have towards yourself and life, for example a tennis-player might say to themselves, "I may have lost the first three games but I can still win this set..." This is where you talk yourself into making a come-back, having a go at things and bringing your self-awareness to a situation so that you can enjoy life. For example, someone on a holiday could purposefully acknowledge the moment, by saying to themselves, "Wow this view is spectacular, I'm so glad I came on this holiday, this one of the most beautiful places I've ever seen". Generally speaking positive self-talk makes you feel positive!

Not surprisingly, **Negative self-talk** is the opposite to positive self-talk. It's where we have a negative view on things and we are often seeing things in a one-dimensional way, such as "My boss is a boring jerk." In the tennis example above the player who is three games down might have negative self-talk that says: "This is embarrassing, I'm playing like crap. I knew this would be happen..."

Negative self-talk is problematic because it either makes you out to be the problem, or someone else has to be at fault. This is often called pessimism or a 'blame-and-complain' mentality. Often it's the depression talking, or something you took on board from childhood or from a trauma.

Remember that the problem is the problem, the other person is not the problem.

If you have negative self-talk occurring, don't make matters worse by judging yourself, as in "I'm being really negative about this, which is bad."

Instead try to see your negative self-talk as a clue to a need, or a reflection of a fear.

For example, when we have an anxious or angry response to a situation, we will have strong emotions that drive negative self-talk. We can easily get caught up in the self-talk which often makes matters worse. When we see the thoughts and feelings as clues to a need or a fear then we can handle the situation much more effectively without causing further stress and negativity to ourselves or others.

Your wishes and fears will in some way relate to the 'Six Core Needs' as defined by Anthony Robbins. These are;

1. Certainty – the need for safety, stability, security, comfort, order and predictability.
2. Uncertainty/Variety – our need for surprise, challenge, excitement, adventure. The paradox of these first two needs is that if you have too much order you become bored and crave excitement, and visa-versa.
3. Significance – the need to have meaning and purpose and to feel special
4. Love and Connection – the need for connection and belonging
The paradox of these two needs is that if you spend too much time out in life trying to gain significance through 'success' then you can ignore your need for private, intimate connecting, and visa-versa.
5. Growth – the need for healing, self-development and growth
6. Contribution – the need to make a difference and have a sense of serving something that is greater than ourselves (i.e. humanity).

Your angry or anxious negative self-talk is a clue to your blocked need in regards to any of these six core-needs.

Try to not take your negative self-talk at face-value. Don't be tricked by the way that negative thoughts can make out as though you are in the right. Be suspicious of blaming, and instead look deeper and unearth the hidden needs so that you can turn the negative situation into something more positive.

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Exercise: List your common negative self-talk below

Negative Thoughts:

Clues to which need?

Changing your negative self-talk can help you to:

- Feel better about yourself
- Boost your confidence
- Build your self-esteem
- Improve friendships
- Feel more in control
- Be more optimistic and effective in life