

REFLECTION FRAME: SELF TALK

WHAT'S THE POINT?

We have an almost non-stop dialogue with ourselves. It can pay dividends to take a deliberate pause and think about what your "inner voice" is saying. What tone of voice do you speak to yourself in? What phrases do you use when speaking to yourself? This can help us to understand if our inner voice is being constructive and balanced or over-critical and unhelpful.

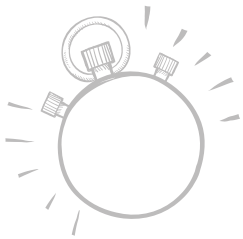
LET'S DO IT!

Take a photo or photocopy of this page as it's ideal if you can do this activity throughout the day. Set a timer on your watch or phone so that it goes off once per hour. When the alarm goes off, use the questions around the outside of the reflection frame in order to make some comments in the centre of the page. You don't need hours, 2 minutes might do. Be honest and non-judgemental. Try to write instinctively without editing or over-thinking.

REFLECT & QUESTION

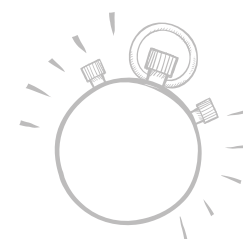
What patterns do you see?
Do you notice anything about time of day or different interactions or people influencing your self-talk?
What would you say to a friend if this was their self-talk?

WHAT HAVE YOU NOTICED ABOUT YOUR THOUGHTS ABOUT YOURSELF OR YOUR "SELF-TALK"?



WHAT POSITIVE THINGS HAVE YOU TOLD YOURSELF OR OTHER PEOPLE ABOUT YOUR WORK/EFFORTS OR YOURSELF SO FAR TODAY?

HAVE YOU NOTICED ANYTHING YOU DID OR DIDN'T DO SO FAR TODAY BECAUSE YOU WERE WORRIED ABOUT FAILING OR WHAT OTHER PEOPLE MIGHT THINK?



PARTING SHOT

What single small step could you practise tomorrow that would be positive for you?

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HAVE YOU IMAGINED THE FUTURE AND WHAT MIGHT HAPPEN AS A RESULT OF YOUR ACTIONS? – DID YOU IMAGINE POSITIVE OR NEGATIVE THINGS HAPPENING?

WHAT NEGATIVE THINGS HAVE YOU TOLD YOURSELF OR OTHER PEOPLE ABOUT YOUR WORK/EFFORTS OR SELF SO FAR TODAY?