

Types and Styles of Self-Talk

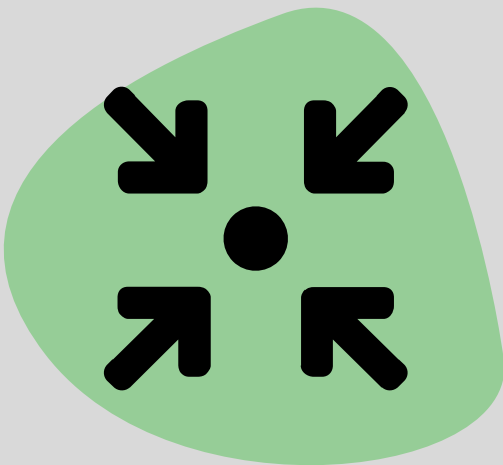
Motivational Self-Talk

Most effective for maximizing effort and persistence during a performance, meaning that this type is most beneficial when applied to endurance, power, or strength-based activities. Concentrates on the outcome and improves skill execution through building confidence, increasing arousal, and creating positive moods.



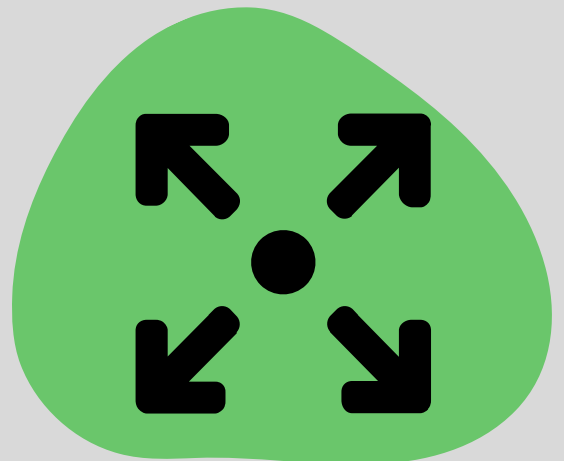
Instructional Self-Talk

Includes self-direction about the performance of a skill or strategy. Training including this type is useful in facilitating the learning of new skills and in enhancing the performance of tasks requiring higher accuracy and precision.



Internal Self-Talk

Internal self-talk is when the athlete speaks in their head or very quietly to themselves. This type of self-talk is not heard by others and is for the athlete only.

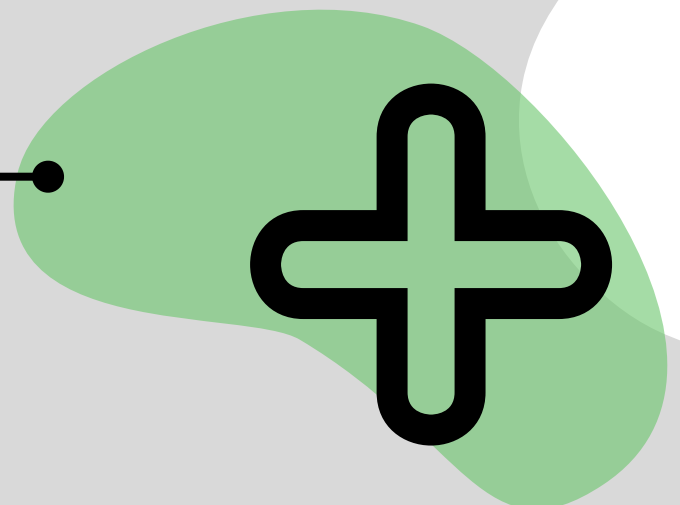


External Self-Talk

External self-talk is what an athlete says to themselves out loud. People around the athlete will hear the self-talk and might be motivated by it as well.

Positive Self-Talk

Utilizes encouraging phrases and reflects favorable emotions. Positive statements produce more positive emotions that work to increase confidence, provide control, lower stress and anxiety, and self-esteem.



Negative Self-Talk

Includes statements that are negative and/or reflect anger or discouragement. Typically happens randomly and automatically. When this happens, athletes will be more successful when reframing negative self-talk into one of the other three types. However, some athletes can use negative self-talk to their benefit.

