

BENEFITS OF SELF-TALK

- improve performances
- increase motivation
- enhance skill execution
- increased arousal
- decrease anxiety
- decrease stress
- greater satisfaction
- increase confidence
- increase self-efficacy
- enhance attention
- increased self-esteem
- increased mood

Ellis, A. (1985). Expanding the ABCs of Rational-Emotive Therapy. In M. J. Mahoney & A. Freeman (Eds.), *Cognition and psychotherapy* (pp. 313–323). essay, Springer.

Theodorakis, Y., Weinberg, R., Natsis, P., Douma, I., & Kazakas, P. (2000). The effects of motivational versus instructional self-talk on improving motor performance. *The Sport Psychologist*, 14(3), 253–271. <https://doi.org/10.1123/tsp.14.3.253>

REFRAINING SELF-TALK

(Ellis, 1985)

REFLECT ON A SKILL OR TASK

WHAT DO YOU SAY TO YOURSELF?

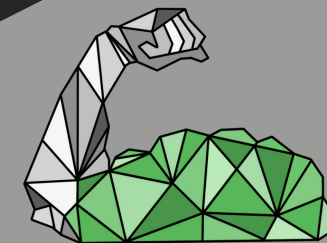
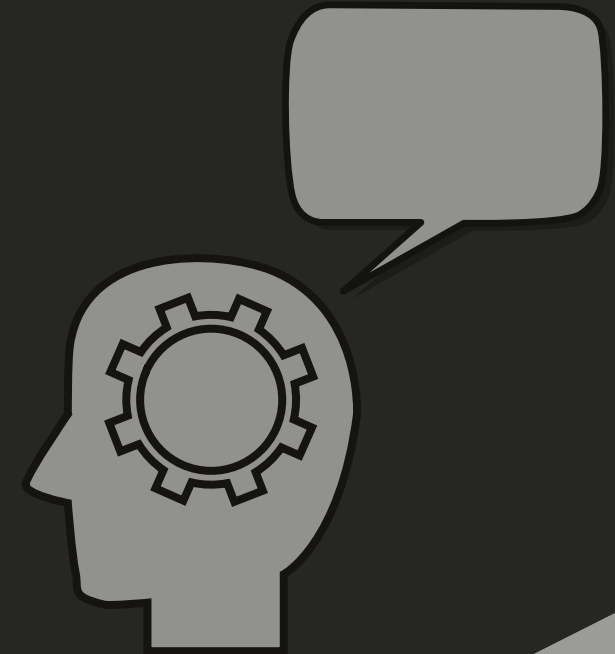
HOW DOES EACH STATEMENT MAKE YOU FEEL?

WHAT IS THE EFFECT OF EACH STATEMENT?

WHAT OR HOW COULD IT BE CHANGED TO BE MORE EFFECTIVE?

SELF-TALK

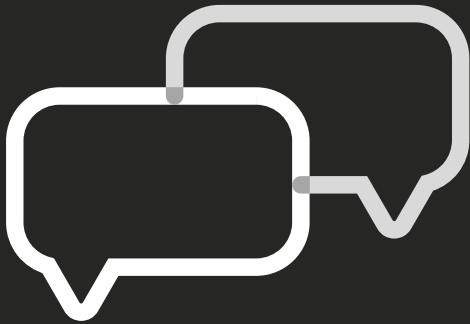
in Strength & Conditioning



Produced by Brains & Biceps based on research from Ellis (1985) and Theodorakis et al. (2000)

SELF-TALK

Self-talk is what athletes say to themselves, out loud or internally. Self-talk can either be automatic and random or deliberate and productive. Most every athlete experiences automatic and random self-talk, however, this type of self-talk can actually work against the athlete and negatively impact performances. Through education and training on self-talk, athletes are able to plan self-talk, control their random self-talk, and reframe destructive self-talk. There are 4 different types of self-talk, each with a different purpose and place. There also is two different styles of self-talk, internal or external.



SELF-TALK IN S&C

S&C has a unique position and ability to help athletes master their self-talk. The weight room is a comfortable place where motivation and team encouragement is high. In this type of environment, it is easy to help athletes learn to control their own thoughts and self-talk. Using a single lift and having athletes reflect on what they say to themselves is a great way to create awareness on their use. Awareness is the first step to learning how to reframe and redirect self-talk.

4 TYPES

(Theodorakis et al., 2000)

INSTRUCTIONAL SELF-TALK

This type of self-talk includes self-direction about the performance of a skill or strategy. Instructional self-talk includes athletes giving themselves directions on form or performance cues. Training including this type was found to be useful in facilitating the learning of new skills and in enhancing the performance of tasks requiring higher accuracy and precision.

MOTIVATIONAL SELF-TALK

This type of self-talk is 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. Motivational self-talk typically concentrates on the outcome and improves skill execution through building confidence, increasing arousal, and creating positive moods.

POSITIVE SELF-TALK

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

NEGATIVE SELF-TALK

This type of self-talk includes statements that are negative and/or reflect anger or discouragement. Negative self-talk 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. It is important to note that some athletes can use negative self-talk to their benefit.



2 STYLES

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 to engage in their own self-talk.