

Self-Talk Won't Stop

Self-talk is the internal dialogue interpreting thoughts, feelings, and perceptions or giving instructions or encouragement

The 4 W's of Self-Talk

- **Where**: Self-talk can be used in both performance and non-performance settings.
- **When**: Self-talk should be used before and during practice and competition and can be utilized during pre-season, regular season, and off-season.
- **What**: There are three categories of self talk: technique related statements ("shift"), encouragement phrases ("I got this"), and mood words ("explode" or "RELAX").
- **Why**: Self-talk can increase self-confidence, improve skills, create and/or change mood, control effort, and focus attention or concentration.

It is common for us to have negative self-talk. The goal of self-talk is to reframe them to be positive, encouraging, and purposeful.

Using the 4 W's of Self-Talk to Improve Performance

Take some time to think about positive self-talk phrases that could be beneficial to your performance:

Imagine you are preparing for a performance. Use the 4 W's to create a dialogue of positive self-talk. Remember to keep it positive!

Where: _____

When: _____

What: _____

Why: _____

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