Week 5b – Self talk

Self-talk
“a dialogue in which the industry interprets feelings, perceptions, regulates changes, and gives him/herself instructions and reinforcement” Hackfort & Schwenkmeger, 1993

"... Anytime you think about something, you are in a sense talking to yourself”
Bunker et al., 1993, p.226

Self-talk key aspects
• Verbalizations or statements addressed to the self
• Multidimensional
• Having interpretative elements
• Somewhat dynamic
• Functional

Self talk = instruction & motivational;
Instructional:
- Attentional focus
- Break bad habits
- Learn new skill

Motivational:
- Emotion regulation
- Effort regulation
- Directing goal achievement

Aspects of instructional and motivational:
- Problem solving
- Self-compassionate
- Self-protective
- Task-irrelevant
- Humorous
- Counting
- Associative

Research findings;
Hatzigeorgiadis et al 2011
• Instructional more effective than motivational on fine motor tasks
• Self talk more effective for novel tasks

Tod et al. 2011
• Both instructional & motivational ST help
• Negative ST does not hinder