

### 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-complimentary
- 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**

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