

# **Listen to Your Self Talk**

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Proverbs 23:7 As a man thinks in his heart, so is he

## **Self Talk, What is it?**

Self talk is that ongoing conversation we all have with ourselves. Some of it is neutral, some positive and some negative. It is the negative that we must become aware of and change. Self talk fuels our moods and behaviors. We have little control over our emotions but we do have control over our behavior and our self talk.

## **Self Talk Awareness:**

Many people are not aware of their negative self talk. Learn to listen to yourself in your head; especially when you are sad, hurt, angry, anxious, or any kind of upset. Write down some of the things you say in a journal and evaluate what they mean.

## **What does your self talk reveal about yourself?**

Our self talk is extremely revealing of our heart. If deep down we believe negative things about ourselves, then it will be revealed in our self talk. Do not arrogantly say, "I have no negative beliefs about myself". Everybody does, it is simply a matter of how aware of it are you.

## **Where does it come from?**

Negative self talk mostly comes from our childhood - from our parents, siblings, grandparents, aunts, uncles, cousins, teachers and more. When we are hurt or embarrassed, we walk away with some kind of negative message about ourselves. As children we do not have the cognitive ability or the maturity to confront and change these negative messages, we simply believe them.

### **Examples of negative self talk:**

- I'm not good enough
- I'll never get it right
- I'm a failure
- Nobody loves me
- I'm unlovable
- Nobody cares about me or my needs
- My opinion doesn't count
- I'm a loser
- Who do I think I am, trying to be successful. You'll never be successful
- I have poor social skills
- I'll always be sad
- I'll always be angry
- Others think low of me
- I deserve to be punished

### **The Four False Beliefs:**

All of our false beliefs can be categorized into four main subjects as follows:

- I must have the approval of others in order to feel loved
- I must meet the standard in order to feel loved
- Success always deserves reward and failure always deserves punishment
- I am hopeless and cannot change

## **How do we change our self talk?**

Change doesn't come easy but here are some things that you can begin to do:

- Identify your false beliefs
- Write them down
- Get help
- Be persistent
- Pray
- Read the Bible
- Write down what you want to change them to
- Ask God to help you catch yourself and replace them with what you have written down to change them to
- Seek professional help

**Conclusion:** Proverbs 4:23 Above all else guard your heart, for from it flows the issues of life.