

Self Talk Reflection

Attachment: # 1

Self talk is the way we process events in our lives (what we think when something happens). Please take time for self reflection on how you think about events that happen in your life. Circle your answer.

I. Do you participate in negative thought patterns (1 = never | 10 = always)?

A. **All or nothing:** seeing things in extremes, e.g. always do your best, no one likes me.

1	2	3	4	5	6	7	8	9	10
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B. **Labeling:** giving yourself labels that have an all-or-nothing quality, e.g. "I'm a loser".

1	2	3	4	5	6	7	8	9	10
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C. **Filtering:** paying close attention to some points and not others, e.g. "All I think about is my pain".

1	2	3	4	5	6	7	8	9	10
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D. **Rigid expectations:** have lots of rules, e.g. "I should always give 100%".

1	2	3	4	5	6	7	8	9	10
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E. **Self focus:** blaming oneself, e.g. "I'm being punished for being ill".

1	2	3	4	5	6	7	8	9	10
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F. **Psychic reasoning:** assuming one always knows how things will turn out, e.g. "I'll always be ill and in pain".

1	2	3	4	5	6	7	8	9	10
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G. **Emotional reasoning:** relying on feelings to interpret reality, e.g. "I feel so useless - I am useless".

1	2	3	4	5	6	7	8	9	10
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H. **Helplessness:** feeling feelings and self esteem are controlled by outside factors, e.g. "I can't help feeling scared".

1	2	3	4	5	6	7	8	9	10
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II. Do you participate in positive thought patterns (1 = never | 10 = always)?

A. **Middle-ground thinking:** see things in balance, some good/some bad, e.g. I did well to walk to the mailbox today.

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B. **Describing:** objective observations that notices details, e.g. I am 20 pounds overweight.

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C. **Openness:** try to see the Big Picture, e.g. The audience did not ask questions but did seem interested in what I was saying.

1	2	3	4	5	6	7	8	9	10
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D. **Flexible expectations:** things do not always go your way, e.g. I can not go to the concert but I can listen to it on the radio.

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E. **Human-focus:** you are not responsible for everything, e.g. I am not at fault for my husband's bad moods.

1	2	3	4	5	6	7	8	9	10
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F. **Experimental attitude:** try things to see if they work, e.g. I'll tell my husband about my feelings instead of avoiding my feelings.

1	2	3	4	5	6	7	8	9	10
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G. **Reality-reasoning:** relying on evidence, not feelings, e.g. I made a little progress today.

1	2	3	4	5	6	7	8	9	10
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H. **Empowerment:** taking control of feelings and self-esteem, e.g. I will be less anxious if I remember I did this before and nothing terrible happened.

1	2	3	4	5	6	7	8	9	10
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