

Quieting Negative Self-Talk

KEY THOUGHT

People who stutter deal with bullies. However, the biggest bully a PWS faces might be themselves and all the negative self-talk one's inner bully speaks that can prevent a PWS from achieving their best life.

ACTIONABLE TAKEAWAYS

1. Talk to Yourself by Name

Instead of saying, "How can I possibly do this?" Say this, "John, how can you possibly do this?" This is called distanced self-talk and it's essentially a psychological hack that can trigger one's brain to view situations with less negative emotion. You can go further and by saying, "John, there has to be a way to succeed here. What ideas do you have?"

2. Compare Your Current Situation with Other Experiences You've Overcome

Talk to yourself by explaining how you've managed to overcome similar situations before. Use past examples to give you the confidence needed to deal best with your current situation.

3. Mind Travel to the Future

Talk to yourself as if you are in the future be it two months or two years looking back at your current situation. Whatever is troubling you now is long gone two months or two years in the future.

4. Pretend You are a Superhero

Imagine you are your favorite Superhero and be inspired by how they would successfully defeat the situation you face. Use some of their superhero thinking to confront and defeat the troubles you face in life.

5. Talk to Your Personal Board of Advisors

Confide with a small group of your friends and tell them about your challenges. Listen as they give you encouragement and supportive advice to get past the negative self-talk you are experiencing.

6. Journal your Thoughts

When confronted with negative thoughts, write down your thoughts for a few days. Let words flow. Don't edit yourself. Just write freely. This therapeutic exercise may change your perspective on whatever is consuming your mind.

7. Let Nature Nurture

Get outside. Walk in a park. Surround yourself in the beauty of greenspaces, nature trails and awe-inspiring scenic views. This will help to soothe your inner voice and provide you with positive emotions.