



ELITE PERFORMANCE SERIES

# Sports Psychology



## SELF-TALK SUMMARY

### Important Issues of Self-Instruction

- What you say to yourself matters
- Instructions to yourself should be stated in a positive way; say and focus on what you are trying to do.
- The mind does not register the word "don't". When you are telling yourself what not to do the mind turns this around. "Don't drop your hands" is transformed into "Drop your hands". No one knows why this is, it just is.
- Create a range of self-statements for a range of needs
  - To stop negative thoughts
  - To replace those negative thoughts with positive thoughts
  - To encourage and motivate
  - To affirm your commitment
  - To focus attention
  - To trigger a relaxation response
  - To activate your energy level
  - To instruct and coach
- Listen to what others say that is encouraging and incorporate affirming feedback into your self-talk
- Seek out quotes and phrases that are personally meaningful to you, ones that motivate you, and incorporate them into your affirmation statements.