

WWW.2WORDS.TV

# SELF TALK

## QUOTES OF THE WEEK:

### MONDAY:

"Don't believe everything you tell yourself." Lidia Longorio

### TUESDAY:

"Own the negative self talk, so you can remove it and replace it with the truth."  
Coach Mackey

### WEDNESDAY:

"Words matter. And the words that matter most are the ones you say to yourself."  
David Taylor-Klaus

### THURSDAY:

"Be mindful of your self talk. It's a conversation with the universe." David James

### FRIDAY:

"The more man meditates upon good thoughts, the better will be his world and the world at large." Confucius



## COACHES

**Influence** the team's self talk.



## CAPTAINS

**Look** for the best in your team.



## ATHLETES

**Practice** countering negative self talk.



## FAMILY

**Pay attention** to your self talk.



## SELF TALK

Most people feel the urge to curse at themselves or say something mean when they mess up. It's so common because our society has bought the lie that we can shame ourselves into growth. But that negative self talk is really just going to push us down a dark road. Let's not buy the lie that all this negativity is helpful. Instead, let's look at three truths related to negative self talk.

**Negative self talk keeps you from believing the best of yourself and others.** Putting yourself down isn't just an attack against yourself. The more negative things you believe about yourself, the more negativity you are prepared to believe about others. We can't become our best if we're focused on how we're the worst. We have to believe that our best is achievable, and negative self talk actively works against that.

**Negative self talk is never about just one thing.** When you yell at yourself for a missed catch, the tirade isn't really about that mistake. It's about what happened that morning and about your embarrassment from a few days ago and about what you're worried about happening tomorrow. The negativity comes from a lot of different things, but because you think it's about this one thing right here, you're more willing to give into the negative self talk.

**You have to own the negative self talk if you're going to change it.** When you make a mistake, instead of getting angry and calling yourself a loser or a failure; replace that lie with the truth that you lost or failed, but that the event of failure does not lessen your worth as a person. If you're going to reach your goals and dreams, then you've got to remove the heavy lies of negative self talk and replace them with the truth.

Getting mad at yourself or belittling yourself is a pretty common mental exercise in modern America. But being common doesn't make it right. When you talk to yourself, try to be kind.

# WEEK 31

## SELF TALK FOR COACHES



### SELF TALK: FOR COACHES

Athletes' self talk is forged from what others say to and about them, especially when the others in question are people in positions of authority. The most obvious example of this is how student-athletes pay attention to what their coaches say. How their coaches talk to and about them reinforces the positive and negative things that student-athletes believe about themselves.

Because our words have such a great impact, it's important that we keep three things in mind. Let's take a look.

**Coach 'em hard, but love 'em harder.** To coach athletes hard doesn't mean to put them down. There's no need to berate them for a mistake when they're already doing enough of that in their own heads. Tough love may be called for, but at its core there should still be love.

**Keep frustration in check.** Your words carry the most weight when they know that you're frustrated. With that in mind, when you're ready to tear into an athlete during a tense moment, take a deep breath first. Look them in the eye so you remember that you're talking to a kid, a person, not an object.

**Coach them up with encouragement.** Mistakes happen to us all, and they can be turning points. If we are encouraged in that moment, we can move on and get better, but if we are discouraged, we'll probably just give up. Add something to athletes' lives that will help them (encouragement) instead of taking away things that will help (discouragement).

Student-athletes can do a lot of damage to themselves if their self talk is negative. Luckily, their coaches can be a positive influence on what their inner voices say.

### THIS WEEK, BE ON THE LOOKOUT FOR:

1. **Opportunities to REINFORCE positive self talk.** Your words carry weight with your student-athletes. Be aware of potential negative self talk so you can counter it. For example, after a loss, remind the team that although they lost, they are not losers.
2. **Opportunities to BREATHE deeply.** Whenever frustration and anger start to boil, take a few deep breaths. Before talking to an athlete about the mistake they just made, take a few deep breaths. Breathing helps to clear your mind and reset your vitals to baseline, such as slowing down your heart rate and making your muscles relax. With those distressing physical signals quieted, it's easier to address the situation in front of you in a productive way.
3. **Opportunities to ENCOURAGE athletes in different ways.** There are five main ways that leaders (or anyone) encourages others: words, body language, belief, support, and confrontation. Confrontation is the trickiest because calling out an athlete can easily become a discouraging situation. But when athletes know they have your belief and support, call outs can be a highly effective form of encouragement.

### QUOTES OF THE DAY:

#### MONDAY:

"Don't believe everything you tell yourself."  
Lidia Longorio

#### TUESDAY:

"Own the negative self talk, so you can remove it and replace it with the truth."  
Coach Mackey

#### WEDNESDAY:

"Words matter. And the words that matter most are the ones you say to yourself."  
David Taylor-Klaus

#### THURSDAY:

"Be mindful of your self talk. It's a conversation with the universe." David James

#### FRIDAY:

"The more man meditates upon good thoughts, the better will be his world and the world at large." Confucius

# WEEK 31

## SELF TALK FOR CAPTAINS

### **C** SELF TALK: FOR CAPTAINS

You can't shame yourself into growth, and you can't shame others into growth, either. Too often we look for the worst in others instead of the best. The problem is that if you look for the worst in others, you'll find it. But luckily, the same goes for finding the best in them. If you look for the best in others, you'll find it.

Seeing the best in someone doesn't mean you don't see ways they need to improve or that you can't call them out. Remember, confrontation (like calling someone out) can be a form of encouragement. But being called out is only encouraging when we can tell that the other person wants the best for us and sees the best in us already.

With that in mind, when you point out what your teammate needs to fix, look for what they're doing right, too. For example, say someone on your basketball team draws a lot of fouls, but they also really stink at free throws. Their ability to draw fouls is a good thing, so lead with that when you bring up their need to work on free throws.

The point of looking for the best in your team isn't to pretend your teammates have no flaws. The point is to see their strengths, so you can encourage them while helping them grow.

When you only see the worst in your teammates, the only option for "helping them get better" is shame. But as we've already covered, shame doesn't lead to growth. If you want to lead your team to be the best they can be, then you've got to start by looking for the best that they are already offering.

Leaders lead others to grow, but they can't do that through shame. So you don't fall into the trap of trying to shame your teammates (or yourself) into growth, remember to look for the best in them first.

### /// CAPTAINS' LOG ///

"LEADERS ALWAYS LEAD"

Have you tried to shame yourself or someone else into growth? How did that work out?

Pick three of your teammates. What are some of the best things they offer the team?

Who on the team needs the most work?  
What's something good that they do?

What are some negative things that you say to yourself?

How can you alter those negatives to be more accurate?

# WEEK 31

## SELF TALK FOR ATHLETES



### SELF TALK: FOR ATHLETES

Most people feel the urge to curse at themselves or say something mean when they mess up. It's so common because our society has bought the lie that we can shame ourselves into growth. But that negative self talk is really just going to push us down a dark road.

You can't shame yourself into growth, so try these three things instead.

**Use intentional phrase swapping.** For example: I lost, but I'm not a loser. Or: I failed, but I'm not a failure. This allows you to take ownership of your actions without trying to make judgments about your identity, value, or worth. A failure or a loss does not say anything about your worth as a person or the value you bring to the lives of your friends and family.

**Give the negative voice in your head a name.** Treat the negative voice as if a separate person was talking to you. When you personify the voice in your head like this, it can give you some distance from the self talk. YOU don't believe these things about yourself. Negative Nathan/Nancy may believe those things, but you don't have to.

**Write down the things that you say about yourself.** The idea here is to get it out of your head so you can treat it appropriately. Make a list of the words and phrases you say about yourself.

- Ask: is this true? Try to keep in mind that in most cases, your self talk will be too harsh.
- Next ask: What fear is driving this thought?
- Then, revisit the first question. Sometimes fear makes false evidence appear real. Once you know the fear behind a thought, you might realize the thought isn't true after all.

Your self talk will try to convince you that you can shame yourself into growth. Don't buy the lie. Be kind to yourself.

### ATHLETE'S EXERCISE:

1. What are some negative things you say to yourself?
2. What fears might be driving those thoughts?
3. What are some positive things you say to yourself?
4. How can you tell when something you say to yourself isn't true?
5. What are you going to name the negative voice in your head?



### SELF TALK: FOR FAMILY

Most people feel the urge to curse at themselves or say something mean when they mess up. It's so common because our society has bought the lie that we can shame ourselves into growth. But that negative self talk is really just going to push us down a dark road. Let's not buy the lie that all this negativity is helpful. Instead, let's look at three truths related to negative self talk.

**Negative self talk keeps us from believing the best of ourselves and others.** Putting ourselves down isn't just an attack against us. The more negative things we believe about ourselves, the more negativity we are prepared to believe about others. We can't become our best if we're focused on how we're the worst. We have to believe that our best is achievable, and negative self talk actively works against that.

**Negative self talk is never about just one thing.** When we yell at ourselves for a silly mistake, the tirade isn't really about that mistake. It's about what happened that morning and about our embarrassment from a few days ago and about what we're worried will happen tomorrow. The negativity comes from a lot of different things, but because we think it's about this one thing right here, we're more willing to give in to the negative self talk.

**We have to own the negative self talk if we're going to change it.** When we make a mistake, instead of getting angry and calling ourselves a loser or a failure; we need to replace that lie with the truth that we lost or failed, but that the event of failure does not lessen our worth. If we're going to reach our goals and dreams, then we've got to remove the heavy lies of negative self talk and replace them with the truth.

Getting mad at or belittling ourselves is a pretty common mental exercise in modern America. But being common doesn't make it right. When we talk to ourselves, let's try to be kind.

### /// BEST 5 ///

#### THE BEST FIVE MINUTES OF THE WEEK

What is something negative you have said to yourself today?

What's a more accurate (and positive) truth to counter that negative self talk?

Why does it matter if we speak to ourselves in a negative way?

How does your negative self talk affect your family and friends?

How does your negative self talk affect you? Does that work for you?

**Self Talk Rework Worksheet****Brainstorm**

Write down words and phrases that you have said to yourself in the past couple of weeks, or that you know you use frequently with yourself. Give yourself about five minutes for this step.

*Example: stupid, always late, too slow*

**Roleplay**

Pick three things and write them out as complete sentences. Beneath each sentence, write what you would say to someone else if they said that to your friend out of nowhere.

*Example:*

- *I'm always late because I'm stupid and slow.*
- *Nobody talks about my friends like that. He may not move as quickly as some people on the team, but that doesn't say anything about his intelligence. And being late sometimes isn't the same as being late ALL the time, so stop exaggerating.*

**Reflect**

Reflect on (and answer) the provided questions.

1. How is it different to think of saying something to yourself as opposed to someone else saying that same thing to your friend?
2. How can your friendships help you to rework your self talk?
3. Is your self talk generally positive or negative? How does that affect you?
4. When you hear a friend belittling themselves, how can you help them to replace that with positive self talk?
5. What are some of your favorite things about yourself?