



6

Self-talk Dimensions

Self-talk is a statement made inside ones head or out-loud, it can be interpreted in several ways, it may be motivational or provide instructions, and includes interpretation based on the self made statements. ⁽¹⁾

Top research has shown that the use of self-talk interventions has 6 dimensions that should be taken into consideration: ⁽¹⁾



Valence

Positive & Negative

Encourage positive "can do" statements. Negative statements are not detrimental if the athletes find them motivating rather than hurtful. ⁽²⁾



Overtness

In & Out-Loud

Self-talk can be said in your head or out-loud. Athletes tend to talk out-loud when they are stressed. No research has provided answers as to which one is more beneficial. Whatever has impact for the athlete.



Self-Regulation

Freely Chosen & Assigned

Freely-chosen self-talk is ideal since it provides the athlete with independence, resulting in multiple benefits. ⁽⁶⁾

Less experienced individuals can use key words to help with their self-talk, and once confident they can choose their own self-talk.



Motivational Intepretation

Motivating & Demotivating

Encourage athletes to choose words or statements that *they* find motivating.



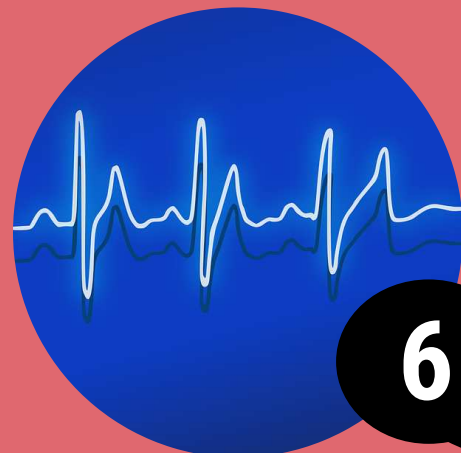
Function

Motivational & Instructional

Both are beneficial.

Strength and endurance activities should use motivational self-talk (i.e., "I can do it!"). ⁽⁷⁾

Technical, tactile and kinaesthetic activities should use instructional self-talk (i.e., "head up"). ⁽⁷⁾



Frequency

More or Less?

Athletes who are successful are using more self-talk than less successful athletes. ⁽⁸⁾

Also, as the season progresses for a sport/activity (off-season to play-offs) there is an increase in the frequency of self-talk. ⁽⁹⁾

To Learn More Visit: [Sport Psychology for Coaches](https://sportpsychologyforcoaches.ca/mental-skills/self-talk/)
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