Handout: Self-talk

Exercise Code: SLINTEGRA039

Think of an event which triggered strong emotions. Maybe your partner let you down, maybe your boss dismissed your promotion. Think about personal, specific event and try to recall your self-talk at that time.

When you have have thought about the event, fill out the form:

**FORM**

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| As that happened (your personal situation), I said to myself: |
| My tonality was: |
| The energy I felt in the message was: |
| I felt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_emotionally. |
| Summary of event: |