

Match the Self-Talk to the Theory

“There is nothing either good or bad, but thinking makes it so.

-*Shakespeare*

The point of this quote is that it is not an event by itself that results in stress or distress. What you tell yourself about an event will determine your feelings – positive or negative. Here are some examples of how statements in our mind can result in emotions:

<i>I</i>	<i>ought to should must</i>	<i>be perfect</i> ————— <i>I feel</i>	<i>inadequate worthless, insecure anxious</i>
<i>They</i>	<i>ought to should must</i>	<i>be fair</i> ————— <i>I feel</i>	<i>angry, resentful hostile, defensive rebellious</i>
<i>It</i>	<i>ought to should must</i>	<i>be easy</i> ————— <i>I feel</i>	<i>self-pity frustration blaming</i>

The words we use in our mind to define and describe a person, place, or thing are called self-talk. A well-known clinical psychologist by the name of Dr. Albert Ellis supports this theory. He came up with ten types of self-talk that he suggests are in conflict with reality. His theory tells us that when we choose to repeat to ourselves statements or language that are not in line with reality, we experience distress and emotional upset that may not be necessary.

Match the Theory to the Self-Talk

The Theory	The Self-Talk
1. It is necessary to be approved of or loved by every other human being.	___ A. "I've never been any good at golf." or "People never change." or "That's just the way I am".
2. You must be competent and almost perfect in everything you do.	___ B. "I know I could get a promotion if my assistant was better at word processing." or "If only they...then I could do a better job."
3. Certain people are just evil and wicked. They should be punished.	___ C. "This just isn't any fun anymore." or "If it isn't fun, than why bother?"
4. It is awful and catastrophic when people and things do not act the way you think they should.	___ D. "There is never any reason to break the law." or "It's not fair to only get probation."
5. External events cause unhappiness or bad feelings. You must have control to be happy.	___ E. "I want everyone to love me." or "What if they don't like me because of my decision?"
6. It is a good idea to think a lot about all the things that could go wrong during an upcoming event, especially if it is new, unknown, or may be dangerous.	___ F. "You make me so angry." or "Why do they always make me feel inadequate?"

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Match the Theory to the Self-Talk continued

The Theory	The Self-Talk
7. It is easier to avoid life's problems and responsibilities than to face them.	___ G. "Don't do today what can be put off until tomorrow." or "Ignore it and the problem will take care of itself." or "That's just the way it is."
8. People always need to depend and rely on others. It is someone else's fault because they are stronger or better.	___ H. "I should have known better!" or "If only I had..." or "What a total loser I am." "You never do anything right."
9. Your past will always determine your behavior in the present and future.	___ I. "Oh, my goodness. We're going to be late! What will we do? How terrible!"
10. The key to happiness is being able to do nothing and have total leisure.	___ J. "What if someone falls out of the boat? What if we run out of gas? What if we get lost? I don't know if we should go on this boat just in case these things happen."

Answers upside down: C-01, A-6, 9-A, 10-C, 8-B, 7-G, 6-J, 9-F, 4-I, 5-D, 3-H, 2-E, 1-I

"Make the most of the best and the least of the worst."

*Dr. Gary Rosberg
Guard Your Heart*