



Self-Talk Template

(Regulating Your Own Emotions)

1. When Feeling Angry

- “I’m feeling really frustrated right now, and I need a moment to pause before I react.”
- “This situation is upsetting, but I can choose how I respond.”
- “Deep breath. What is really bothering me, and what can I control?”

2. When Anxious or Overwhelmed

- “This feels like a lot, but I’ve handled tough things before.”
- “I don’t have to solve everything right now—one step at a time.”
- “It’s okay to feel anxious. Let me just name it and breathe.”

3. When Feeling Sad or Hopeless

- “I’m hurting right now, and that’s valid. I won’t judge myself for it.”
- “This feeling will pass. I’ve survived difficult days before.”
- “What do I need right now—comfort, connection, or rest?”

Speaking out loud, whether to oneself or others, can significantly enhance cognitive processes and memory. Research suggests that verbalizing thoughts, ideas, and even reading aloud can improve focus, problem-solving, and memory retention. The act of speaking engages multiple brain areas, creating a more robust and memorable mental imprint.

Source: University of Michigan – LSA Psychology. *Talk to Yourself Out Loud? Here's Why Experts Say That's a Good Thing*. [Read article](#)

Source: Olivia Goldhill, *Why Speaking Out Loud Makes You Smarter*, published on Medium (August 30, 2017). [Read article](#)

Source: Kurby, C.A., Magliano, J.P., & Rapp, D.N. (2019). *Those Voices in Your Head: Activation of Auditory Images During Reading*. Published in *Frontiers in Psychology*. [Read article](#)

Source: Angela Haupt, *The Surprising Benefits of Talking Out Loud to Yourself*, *Time* (Nov 19 2024). [Read article](#)

Here's a breakdown of the benefits:

- **Enhanced Focus and Problem-Solving:**

Talking to oneself, whether silently or aloud, can help organize thoughts and clarify understanding, leading to better focus and more effective problem-solving, especially in tasks requiring planning or decision-making.

- **Improved Memory:**

Studies have shown that reading aloud, or the "production effect," significantly improves memory retention compared to silent reading. The act of speaking and hearing oneself activates different brain regions, creating a stronger memory trace.

- **Cognitive Control and Performance:**

Self-talk, particularly in the second or third person (e.g., "You've got this!" or "Sarah can do it!"), can boost confidence and reduce anxiety, leading to improved performance on tasks.

- **Creative Thinking:**

Speaking aloud can be a powerful tool for creative thinking. It can help generate new ideas and connections by externalizing thoughts and allowing for a more dynamic and iterative process.

- **Emotional Processing:**

Verbalizing feelings and experiences, whether to oneself or others, can be a cathartic process. It can help process emotions, release tension, and promote healing. In essence, speaking out loud acts as a cognitive tool, allowing us to better understand, remember, and interact with the world around us.