The Power of Positive Self-Talk
A presentation by:
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Overview
Today we will…
• **Learn** about resilience and the factors that contribute to living a resilient life
• **Examine** negative thinking and how it may be holding you back
• **Explore** your capacity for resilience by incorporating new positive thinking styles

Introduction
Life experiences can be **challenging and stressful, yet people** have the capacity to cope and adapt and **go on living their lives**.

What? Why? How?
What is Resilience?

- Includes internal and external factors
- Is ordinary, not extraordinary
- Involves characteristics that can be learned by anyone
- Is personal and specific to each individual

Definition

Resilience is the dynamic interaction between perceived risk and a range of protective coping skills that provide an individual with the ability to negotiate, manage and adapt well in the face of adversity and thrive in everyday life.

Resilient People have...

- Supportive relationships and environment
- Caring and encouraging family
- Trustworthy friendships
- Common moral and values
- Role model
- Connection and belonging to their community
- Activism and community engagement
Resilient People…

- Take care of themselves
- Are optimistic
- Learn from mistakes
- Choose how to respond
- Think rationally
- Maintain perspective
- Believe in themselves

Negative Thinking

- Are you critical of your work, doubt your abilities or assume you will fail?

Types of Negative Thinking
Types of Negative Thinking

• Cognitive distortions: You see a situation in a way that does not compute with the reality of the event.

• Unrealistic guilt: You consistently feel like everything is your fault.

Types of Negative Thinking

• Catastrophizing: You turn one small incident or mistake into a much larger issue, focusing on the exaggerated worst case scenario.

• Overgeneralizing: You let the negative outcome of one event extend into other areas that are otherwise unrelated.

Types of Negative Thinking

• Negative view (pessimism): You think negatively about yourself, the world and the future, all of which are completely inaccurate perceptions and interpretations of reality.

• Polarized thinking (“always, never, should”): You commonly use all or nothing thinking and tend to think in extremes.
Problems with Negative Thinking

Self-Talk
How we think and what we say to ourselves in our heads can be extremely harmful to our personal relationships, work productively and performance and overall quality of life.

Mindset

• Mindset (n): a set of beliefs or a way of thinking that determines one’s behavior, outlook and mental attitude.
  - Dr. Carol Dweck, Stanford University
Mindset

• The Fixed Intelligence Mindset:
  You believe you only have a certain amount of intelligence – it is inherent and unchangeable.

• The Growth Intelligence Mindset:
  You believe that intelligence is something that can be grown and enhanced over time through effort, learning, and support.

Dweck’s 4 Steps to Changing Your Mindset

1. “Learn to hear your fixed mindset voices.”
2. “Recognize you have a choice.”
3. “Talk back to it with a growth mindset.”
4. “Take the growth mindset action.”

http://mindsetonline.com/changetyourmindset/
firststeps/index.html
Dialogue between FM & GM

As you approach a challenge:

THE FIXED-MINDSET says "Are you sure you can do it? Maybe you don’t have the talent."

THE GROWTH-MINDSET answers, "I’m not sure I can do it now, but I think I can learn to with time and effort."

FIXED MINDSET: "What if you fail—you’ll be a failure."

GROWTH MINDSET: "Most successful people had failures along the way."

FIXED MINDSET: "If you don’t try, you can protect yourself and keep your dignity."

GROWTH MINDSET: "If I don’t try, I automatically fail. Where’s the dignity in that?"

Dialogue between FM & GM

As you hit a setback:

FIXED MINDSET: "This would have been a snap if you really had talent."

GROWTH MINDSET: "That is so wrong. Basketball wasn’t easy for Michael Jordan and science wasn’t easy for Thomas Edison. They had a passion and put in tons of effort."

Dialogue between FM & GM

As you face criticism:

FIXED MINDSET: "It’s not my fault. It was something or someone else’s fault."

GROWTH MINDSET: "If I don’t take responsibility, I can’t fix it. Let me listen—however painful it is— and learn whatever I can."

Then...

http://mindsetonline.com/changeyourmindset/firststeps/index.html
Switching questions

Ask yourself Switching questions and “reset” to Learner, including:

✓ Am I in Judger?
✓ Is this how I want to feel?
✓ Where would I rather be?
✓ How else can I think about this?
Learner Path: Curiosity

Kashdan and Steger (2007):
Study of 97 students daily diaries for 21 days

Findings:
On days when students were more curious, people high in trait curiosity reported:

- More frequent growth-oriented behaviors
- Greater presence of meaning
- Greater search for meaning
- Greater life satisfaction
- Greater persistence of meaning in life from one day into the next

Benefits of Curiosity?

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Real Time Resilience

The next time you notice negative self-talk creeping into your mind, picture this young child in your life and ask yourself, “Would I say this to ________?” If not, “What would I say?”

Optimism

- “A generalized sense of confidence about the future, characterized by a broad expectancy that outcomes are likely to be positive” (Boniwell, 2006)
- Martin Seligman
  - Historically: Theory of learned helplessness
  - Today: Theory of Learned Optimism
Learned Optimism
(Seligman, 2006)

• Negative Event
  – Optimistic Thinking is TEMPORARY, SPECIFIC, HOPEFUL
  – Pessimistic Thinking is PERMANENT, UNIVERSAL, HOPELESS

• Positive Event
  – Optimistic Thinking is PERMANENT, UNIVERSAL
  – Pessimistic Thinking is TEMPORARY, SPECIFIC

Optimism is your Explanatory Style

• The 3 P’s of Explanatory Style

  1. Personalization ➔ Internal vs. External ➔ Me vs. Not Me
  2. Permanence ➔ Permanent vs. Temporary ➔ Always vs. Not Always
  3. Pervasiveness ➔ Global vs. Local ➔ Everything vs. Not Everything

Pessimistic Explanatory Style
Optimistic Explanatory Style

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Practice Positive Thinking

- I CAN do this
- I CAN work through this
- I WILL achieve my goal
- I WILL NOT give up
- THIS WILL get better
- I KNOW I can succeed

Thank you for your time!

Please submit any questions you would like answered through the “chat” panel on your meeting pane.

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

- Oliver Wendell Holmes
Negative Thinking: Helping a Friend or Loved One

Helping a friend or loved one overcome their negative thinking can be a difficult task. Remember it's up to them to do the work and change their thinking patterns, but you can help by listening, asking questions, and using the following statements that can help open their mind to other possibilities.

STEP 1: Listen to them and let them share the details of the event and how it made them feel. Try to form the types of negative thinking:

- **Types of Negative Thinking**
  - Cognitive distortions: You see a situation in a way that does not compute with the reality of the event.
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  - Catastrophizing: You turn one small incident or mistake into a much larger issue, focusing on the exaggerated worst case scenario.
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STEP 2: Use the following statements to help them see a new perspective:

That's not entirely true because ______________________________________________

Or

Another way of seeing that is ______________________________________________

Resources

- The Flourish Center http://theflourishingcenter.com/