

“The Power of Self-Talk”

You have a constant narrator in your mind. That narrator—your self-talk—has more power than you think. Whether it's encouraging or discouraging, supportive or critical, your inner voice shapes the way you feel, respond, and live. When self-talk turns negative, it can quietly erode your confidence, heighten your stress, and undermine your goals. Phrases like “I’ll never get this right,” “I’m not good enough,” or “Why even bother?” may sound like thoughts, but over time, they become beliefs. And beliefs—especially false ones—are hard to shake unless we actively challenge them.

The good news is that self-talk is not permanent. Like any habit, it can be observed, adjusted, and retrained. But first, we must notice it. Begin by tuning into your internal monologue.

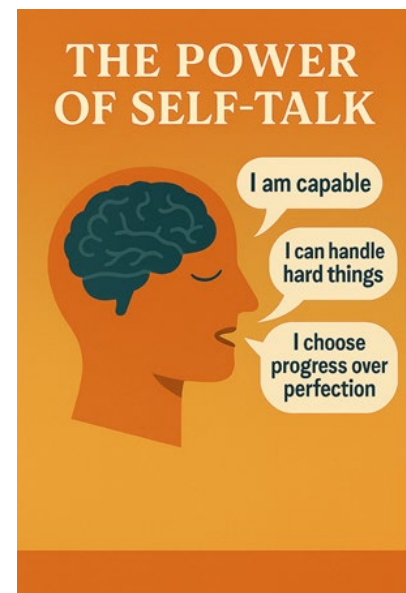
What do you say to yourself when something goes wrong?
How do you talk to yourself before a big challenge or after a mistake? Are your words helping or hurting you?

Once you become aware, you can begin to interrupt negative thought patterns. For example, replace “I always screw this up” with “This didn’t go well, but I’m learning and improving.” Shift “They probably don’t like me” to “I don’t know what they think—I’ll stay open and respectful.” This isn’t about being artificially positive. It’s about being accurate and self-compassionate.

Think of your self-talk as a coach. A good coach doesn’t ignore the truth, but they don’t pile on shame, either. They challenge, support, and encourage growth. You can become that kind of coach for yourself.

A helpful habit is using affirmations—short, positive statements that reinforce your identity and help you achieve your goals. Try saying, “I am capable,” “I can handle hard things,” or “I choose progress over perfection.” Your brain starts to believe what it hears often. Why not give it something worth believing?

Changing self-talk isn’t about denying reality. It’s about choosing a perspective that gives you strength instead of taking it away. When life gets hard—and it will—your inner voice can either tear you down or help you stand tall. Speak to yourself the way you would to someone you love. Because resilience doesn’t start with outer success—it begins with inner kindness and truth.



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