

CRITICAL THINKING

SELF-TALK

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **THE WAY WE TALK TO OURSELVES CAN GREATLY AFFECT THE WAY WE ACT, ESPECIALLY WHEN OUR SELF-TALK PRECEDES A SIGNIFICANT MOMENT IN OUR LIVES.**

Think about the way you talk to yourself. Is your self-talk primarily negative, positive, or ambivalent?

Why do you think that is?

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2. **IF YOUR SELF-TALK IS MOSTLY NEGATIVE OR PESSIMISTIC (I.E. "I CAN'T..." OR "I'LL NEVER..."), WHAT DO YOU THINK IS CAUSING YOU TO TALK DOWN ON YOURSELF?**

What steps can you take to start talking to yourself with more positivity and optimism?

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3. **THINK ABOUT WHEN MIKE SAID THAT, "PEOPLE ON THE OUTSIDE...DON'T HAVE TO HEAR WHAT WE SAY TO OURSELVES TO BE AFFECTED BY IT," OR HOW MANY OF US EXTERNALIZE OUR INTERNAL THOUGHTS WITHOUT EVEN REALIZING IT.**

How do you think your self-talk affects how you interact with others on a day-to-day basis?

Moreover, how do you think those individuals perceive you and the way you act?

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4. **MIDWAY THROUGH THE EPISODE, MIKE SHARES THREE KEY POINTS HE'S LEARNED ABOUT SELF-TALK.**

Discuss these three principles. How do these concepts factor into your self-talk? Which of these do you feel like you focus on the most? Which do you feel like you should focus on more?

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5. **IN TERMS OF SELF-TALK, "SOMETIMES THE MOST IMPORTANT THING WE CAN DO IS SURROUND OURSELVES WITH PEOPLE WHO BELIEVE LIKE WE DO."**

Think about your friends and the people you choose to associate with. How are those people affecting you, your self-talk, and the way you think about yourself?

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