

THE SELF-TALK QUESTIONNAIRE

It is reported that we ‘internally converse’ with ourselves at a rate of around 600 words per minute and that around 80% of these words are NEGATIVE. These are the most important conversations of all – because our internal world is directly reflected in our external world.

Our self-talk will dramatically affect what and how we think, feel and act on the inside and therefore, will impact how we relate to others and the way we behave on the outside.

This exercise is designed to help us recognise whether our self-talk is having a positive or negative influence in our daily lives, in our business or personal relationships with others and in the level of success we are achieving.

“Words are the vessels on which thoughts are carried” and “We are the sum total of our thoughts”

Score as follows:

- 0** I never think this
- 1** I sometimes think this to myself
- 2** I think this to myself about half the time
- 3** This is what I think to myself most of the time
- 4** This is what I think to myself all the time

- I am afraid to expect too much for fear I will be let down []
- I need to have control over myself and others []
- I don't like to deal with change []
- I know better than to do this, so why am I doing it? []
- I am burdened with responsibility []
- My temper gets out of control sometimes []
- I worry about people I care for []
- I am afraid that I will fail []
- I must win []
- When I am wrong, I don't like to admit it []
- There is nothing worse than being self-centred []
- I sometimes get worried about how things will turn out []
- I feel manipulated by social pressures []
- I have an intense need for approval and acceptance []
- I'm afraid people will see the real me. I am afraid for me to see the real me []
- I lose confidence in my beliefs if others don't agree with me []
- I sometimes have a difficult time making decisions []
- I get really upset when people don't keep agreements []
- I feel guilty and blame myself for making mistakes []
- I'm afraid my opinions are not important []
- I feel guilty and worthless when I'm criticised []
- I feel a need to prove my worth []
- I feel inferior and inadequate when compared with others []
- I have a block that holds back my progress []
- I don't feel comfortable with having *too* much success /wealth / happiness []

Total score []

Results

- 0 to 5** You are supportive of your own self-esteem and self-worth.
- 6 to 15** You have some self-sabotaging self-talk, which you should examine.
- 16 to 25** You're starting to sabotage your own self-worth – what are you telling yourself?
- 26 to 50** Your negative self-talk could be impacting your success – in business & life.
- 51 to 100** You must change your self-talk, in order to improve your emotional & physical wellbeing.