

'Self Talk': When Talking to Yourself, the Way You Do It Makes a Difference

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The Wall Street Journal:

Do you ever talk to yourself? Be honest.

Researchers say talking to yourself, out loud, is more common than many of us might care to admit. Psychologists call it “self talk” and say how we do it makes a big difference in both our mood and our behavior.

Most people engage in self-talk, experts say, though some do it louder and more often than others. When I asked, I heard from people who talk to themselves in the basement, in their cubicle at work and at the urinal in the men’s room. One woman turns the car radio down so she can hear herself better.

Read the whole story: [The Wall Street Journal](#)