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Self- talk - sports psychology, mental training

Self talk is the chatter that goes inside everyone's head all day. When you say negative things to yourself about your own ability or about mistakes you've made it

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Aug 22, 2014 Talk to yourself as a friend. real or imaginary tennis games.) Borchard, T. (2015). 8 Steps to Like Yourself (More). Psych Central.

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The first season of Psych originally Shawn and Gus talk Shawn is patrolling the police station when Chief Vick asks him to try and locate a missing tennis

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So think of ways you can psych yourself up, and make a list of options. Use motivating self-talk. when he s playing tennis,

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