

## HOW HEALTHY IS YOUR SELF-TALK?

The quiz describes three areas in which we commonly react. Choose the description that best fits your immediate response. Look for the number corresponding to your answer, and tally up your score to see how healthy is your self-talk.

### WHEN I FAIL....

I typically think or say to myself...

- A) "What were you thinking? Why did you do that?" 2
- B) "No problem. No big deal." 3
- C) "This is proof you are a \_\_\_\_\_!" 4
- D) "It's okay. You did your best. Let's just get better." 1

### WHEN I'M EMBARRASSED....

I typically...

- A) Laugh at myself and smile at my faults. 1
- B) Turn red, feel humiliated, and can't get it out of my head for days. 2
- C) Shame myself and isolate from others. 4
- D) Remain neutral, and deny all emotions and behaviors. 3

### WHEN I'M REJECTED...

I typically...

- A) Feel nothing, and think nothing about it. 3
- B) Say to myself, "What just happened? I feel sad and hurt but, I know I will grow from this." 1
- C) Say to myself, "I knew this would happen. I'm a complete failure and loser." 4
- D) Say to myself, "I knew I wasn't good enough!" 2

## SCORING

**3-4 HEALTHY:** Congrats! You have healthy habits of self-talk. This behavior is associated with high emotional intelligence and good long-term physical health.

**5-7 AVERAGE:** Keep it up! You have healthy habits of self-talk most of the time. This produces lower stress levels. You may, however, be prone to relationship difficulties if you slip into negative self-talk.

**8-10 SHAMING:** Needs a little work! Shaming self-talk is playing the "blame game"—you often feel at fault, leaving you with a negative self reflection. This can lead to anxiety, depression, chronic health issues, and relationship difficulties

**11-12 SELF-LOATHING:** Find yourself! Self-loathing self-talk reveals that you have lost sight of any redeeming quality in yourself. It can be associated with low attunement with self and others, a propensity towards addiction, relationship difficulties, poor health prognosis, and little satisfaction with your life.