

DISTANCED SELF-TALK

Why is it easy to give others advice, but hard to follow your own?



Many people find it hard to think about their stressful experiences. People often do not have as much of an emotional connection to other's stressful experiences, which makes it easier to think about. This is called having psychological distance.

How does Psychological Distance work?

Language can create psychological distance. Using "I" and "me" emotionally immerses us in our experiences. Using non-first-person pronouns, such as "you, him, her, they", or your name, lets us think about ourselves with the same distance we think about others.

How can we create distance from our experiences?

Ask yourself: "What is [Name] feeling right now" and "Why is [Your Name] feeling this way?" Then answer those questions like you would for a friend using your own name and third-person pronouns.



Distanced Self-Talk is more common than you think!

Using distanced self-talk might sound weird but, many people use non-first person pronouns when thinking about stressful situations. Famous examples include professional basketball player LeBron James and Nobel Prize Winner and human rights activist Malala Yousafzai!



Benefits of Distanced Self-Talk

Research shows that Distanced Self-Talk can help in a variety of situations such as regulating your emotions and problem-solving. It can help reduce anxiety, improve performance, and may lead to greater overall well-being.

Interested in learning more?

- Vice: [Why You Should Talk to Yourself in the Third Person](#)
- Forbes: [Self Talk In Third Person Can Help You Succeed](#)
- Clinical Psychological Science: [Does Distanced Self-Talk Facilitate Emotion Regulation Across a Range of Emotionally Intense Experiences?](#)
- Check out the [MSU clinical psychophysiology lab](#) for more research on this topic and more.



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