

# Chatter

*The Voice in Our Heads, Why it Matters, and How to Harness It*

Ethan Kross 2021

Book Club Goals (8/21/2022)	
Why this book?	<ul style="list-style-type: none"> <li>• The book offers ideas about how to manage one's inner voice               <ul style="list-style-type: none"> <li>▪ Mike heard about this book (i.e., <u>Chatter</u>) on the radio</li> <li>▪ Mike &amp; Cindy thought it might help with their personal "inner voice" struggles</li> <li>▪ Mike &amp; Cindy thought it might help Chris address his "inner voice" struggles</li> <li>▪ Mike invited Laura &amp; Steve because the book might help all of us (and if nothing else, the process may help us open a dialog with each-other)</li> </ul> </li> </ul>
Reading vs. Studying	<ul style="list-style-type: none"> <li>• One can either read a book or study it – depending upon the content</li> <li>• We agreed we are going to <u>study</u> this book               <ul style="list-style-type: none"> <li>▪ <b>Reading</b> – generally understanding the content within the book</li> <li>▪ <b>Studying</b> – fully knowing the details and content the book</li> </ul> </li> </ul>
Our Goals	<ul style="list-style-type: none"> <li>• What goals do we hope to achieve via this book and the book club?               <ol style="list-style-type: none"> <li>1. We are curious about the author's ideas</li> <li>2. We are looking for <u>actionable</u> steps to better manage our inner voice                   <ul style="list-style-type: none"> <li>▪ These steps could help improve both ourselves and our relationships</li> </ul> </li> <li>3. We are getting back into a school mode; the club helps us learn to study</li> </ol> </li> </ul>
Ground Rules	<ul style="list-style-type: none"> <li>• Avoid trying to solve our ongoing personal issues while discussing the book</li> </ul>
Discussion Questions	
<b>General Reader Questions</b> (Page 245)	<ol style="list-style-type: none"> <li>1. Discuss a time when you felt you were impacted by your own mental chatter. Were you able to work your way through it? Why/How or Why Not?</li> <li>2. Childhood caretakers have a strong influence on the internal voice during development. Do you recognize a caretaker's influence on your inner voice?</li> <li>3. <b>Andrew Irving's</b> study of New Yorkers observed that people's self-talk often lands on negative content. Why are people often drawn to the negative?</li> <li>4. A study cited in Chapter 1 indicates that what people are thinking of is a better predictor of happiness than what they are actually doing. Is this surprising?</li> <li>5. Have you ever had a time when chatter undermined your ability to perform well (like the pitcher Rick Ankiel)? Did you overcome the mental block?</li> <li>6. Chapter 2 describes <b>Bernard Rimé's</b> research that found people naturally feel compelled to share negative experiences with others. Is this surprising?</li> <li>7. Social media allows humans to "overshare more than ever before". Has social media changed the way you express your thoughts and feelings to others?</li> <li>8. Have you had the experience of feeling emotional pain as an actual physical pain in your body? Can you describe it?</li> <li>9. In Chapter 3, the book states that "we don't see ourselves with the same distance and insight as we do others. Does this ring true with you?</li> <li>10. The book describes occasions when you feel smaller among awe-inspiring sites. Can you describe a time when you felt smaller relative to such sites?</li> <li>11. The book describes a difference between a "ritual" and a "routine". Can you explain the difference? What are your rituals?</li> <li>12. The author feels that an inner voice should upset you some of the time. Would you prefer an inner voice that was always positive and uplifting?</li> <li>13. In what ways do you think changing the conversation that you have with yourself has the potential to change your life?</li> </ol>

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Introduction	
<p><i>The introduction starts with a story about the author's inner voice. He had received a threat in the mail from an unknown person. His inner voice caused him to stay up nights with his baseball bat.</i></p>	
<p><b>Introspection</b> ("Going Inside") (Page xv)</p>	<ul style="list-style-type: none"> <li>• <b>Introspection</b> – actively paying attention to one's own thoughts and feelings           <ul style="list-style-type: none"> <li>▪ Many scientists see introspection as, "...one of the central evolutionary advances that distinguishes human beings from other species."</li> <li>▪ Research shows that, "...when we experience distress, engaging in introspection (i.e., "chatter") often does significantly more harm than good."</li> </ul> </li> </ul>
<p><b>Chatter</b> ("Rumination") (Page xix)</p>	<ul style="list-style-type: none"> <li>• <b>Chatter</b> – cyclical negative thoughts that turn introspection into a curse           <ul style="list-style-type: none"> <li>▪ The key to beating chatter isn't to stop talking to yourself – it is how to figure out how to talk to yourself more effectively</li> </ul> </li> </ul>
<p><b>Default State</b> (Page xix)</p> <p>Also see info on the <a href="#">Default Mode Network (DMN)</a> of the brain</p>	<ul style="list-style-type: none"> <li>• <b>Default State</b> – By default we are introspective (i.e., not always "in the moment")           <ul style="list-style-type: none"> <li>▪ We expend one-third to one-half of our working life being introspective</li> <li>▪ We talk to ourselves at 4,000 words per minute (which is a lot of content)</li> <li>▪ 10% think their inner voice is attributable to factors outside of themselves               <ul style="list-style-type: none"> <li>○ "The difference between mental illness and wellness is a question not of whether we are well/unwell, but a matter of degree."</li> </ul> </li> </ul> </li> </ul>
<p><b>Key Take-Aways</b> – <i>By default, all humans are introspective. Introspection can be beneficial, but when we experience distress, it can turn into negative chatter. We can't stop chatter, but we can work to control it.</i></p>	
CHAPTER 1: Why We Talk to Ourselves	
<p><i>Chapter one starts by describing a study that British anthropologist <b>Andrew Irving</b> did in 2010 to listen to the inner minds of just over a hundred New Yorkers. Everyone has an inner voice!</i></p>	
<p><b>Hippocampus</b> (Page 9)</p>	<ul style="list-style-type: none"> <li>• <b>Hippocampus</b> – an area of the brain that manages information, converts short-term memory into long-term memory, and navigates items in space.</li> </ul>
<p><b>Working Memory</b> (Page 10)</p>	<ul style="list-style-type: none"> <li>• <b>Working Memory</b> – information we need at the present time           <ul style="list-style-type: none"> <li>▪ Working memory is connected to our inner voice via the phonological loop</li> </ul> </li> </ul>
<p><b>Phonological Loop</b> (Page 11)</p>	<ul style="list-style-type: none"> <li>• <b>Phonological Loop</b> – a neurological system that manages verbal information           <ul style="list-style-type: none"> <li>▪ <b>Inner Ear</b> – allows us to retain words we've just heard for a few seconds</li> <li>▪ <b>Inner Voice</b> – repeating words in our head for a speech or memorization</li> </ul> </li> <li>• "Our working memory relies on the phonological loop for keeping our linguistic pathways online so that we can function productively outside ourselves while also keeping our conversations going within."</li> </ul>
<p><b>Links between Verbal &amp; Emotional Development</b> (Page 11)</p>	<ul style="list-style-type: none"> <li>• Our verbal development goes hand-in-hand with our emotional development</li> <li>• Soviet psychologist <b>Lev Vygotsky</b> was one of the first to study the connection between language development and self-control (i.e., emotional control)           <ul style="list-style-type: none"> <li>▪ Initially, parents or caregivers provide verbal instruction to toddlers</li> <li>▪ Toddlers then speak to themselves out loud to lean to control themselves</li> <li>▪ Imaginary friends and imaginary play also promote self-control</li> </ul> </li> </ul>
<p><b>La-La Land</b> (Page 16)</p>	<ul style="list-style-type: none"> <li>• In 1996, a stroke patient (<b>Jill Bolte Taylor</b>) lost her ability to hear her inner voice           <ul style="list-style-type: none"> <li>▪ She was temporarily free from chatter (or "in La-La Land")</li> <li>▪ She benefited from the absence of self-critiques</li> </ul> </li> </ul>
<p><b>Inner vs. Outer Experiences</b> (Page 19)</p>	<ul style="list-style-type: none"> <li>• In 2010, scientists showed that the impact of inner experiences consistently dwarf the impact of outer experiences.</li> <li>• This research highlights the significance of the inner voice and chatter</li> </ul>
<p><b>Key Take-Aways</b> – <i>We all have an inner voice! The impact of the inner voice on our emotional and physical well-being is significant.</i></p>	

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## CHAPTER 2: Why Talking to Ourselves Backfires

Chapter two starts by discussing athletes. **Rick Ankiel** (2001) was a baseball pitcher who “lost his stuff” by overthinking his pitches. **Simone Biles** (2019) was a gymnast who excelled without thinking about it.

<p><b>Chatter affects Tasks Execution</b> (Page 25)</p>	<ul style="list-style-type: none"> <li>• Task execution often requires both conscious and unconscious effort             <ul style="list-style-type: none"> <li>▪ <b>Attention</b> – allows us to focus on the things that matter</li> </ul> </li> <li>• Chatter can disrupt our attention and affect the executive functions of the brain             <ul style="list-style-type: none"> <li>▪ Chatter can jam our executive functions by listening to the inner voice</li> <li>▪ We can overfocus on the parts vs. the whole (paralysis by analysis)</li> </ul> </li> </ul>
<p><b>Chatter affects Social Interactions</b> (Page 30)</p>	<ul style="list-style-type: none"> <li>• People feel compelled to socialize their negative experiences with others             <ul style="list-style-type: none"> <li>▪ <b>Bernard Rimé</b> (1980s) was a Belgian psychologist who studied this idea</li> <li>▪ The impact is the same across age, cultures, social groups</li> </ul> </li> <li>• Chatter can affect social interactions. The effect is amplified by social media:             <ul style="list-style-type: none"> <li>▪ <b>Oversharing</b> – allows us to share/overshare our inner voice with others</li> <li>▪ <b>Empathy</b> – hampers empathy because it lacks non-verbal clues</li> <li>▪ <b>Time</b> – changes the timeline for feedback from others (immediate/delayed)</li> <li>▪ <b>Image</b> – allows to shape what others see (can distort others’ perceptions)                 <ul style="list-style-type: none"> <li>○ A Harvard study shows that we prefer to share info than get money</li> </ul> </li> </ul> </li> </ul>
<p><b>Chatter Affects Physical Wellbeing</b> (Page 40)</p>	<ul style="list-style-type: none"> <li>• Our physical wellbeing can be impacted by negative thoughts             <ul style="list-style-type: none"> <li>▪ First the hypothalamus releases adrenalin into the bloodstream and shuts down non-critical functions</li> <li>▪ Over time, chronic negative thoughts can eventually impact our DNA</li> </ul> </li> <li>• Genes + Environment = Who We Are (but genes &amp; environment can mix!)</li> </ul>

**Key Take-Aways** – When our inner voice becomes chatter, it can negatively affect us in several ways. Chatter affects our attention, which can impact task execution, social interactions, and physical wellbeing.

## CHAPTER 3: Zooming Out

Chapter three recounts the issues that Tracey encountered as a low-income, African American applicant to the National Security Agency. She had problems with self-talk while at Harvard until she zoomed out.

<p><b>Rumination</b> (Page 49)</p>	<ul style="list-style-type: none"> <li>• When we find ourselves stuck on our problems and lose the ability to flexibly zoom out – to gain perspective – that’s when our inner voice turns to rumination</li> </ul>
<p><b>Distraction</b> (Page 50)</p>	<ul style="list-style-type: none"> <li>• <b>Distraction</b> – diverting attention away from a problem             <ul style="list-style-type: none"> <li>▪ Distraction was an early approach and short-term fix to break the cycle of chatter in order to improve how you feel about a problem</li> <li>▪ Distraction doesn’t fix the problem itself, but allows time and space</li> </ul> </li> </ul>
<p><b>Distancing</b> (Page 50)</p>	<ul style="list-style-type: none"> <li>• <b>Distancing</b> - a technique developed by <b>Aaron Beck</b> in 1970 to teach patients to objectively scrutinize their thoughts, but from a distance             <ul style="list-style-type: none"> <li>▪ The practice fell out of favor as it was associated with problem avoidance</li> </ul> </li> </ul>
<p><b>Zooming Out (“Visualizing”)</b> (Page 51)</p>	<ul style="list-style-type: none"> <li>• <b>Zooming Out</b>– a technique that fully engages in thinking about an issue (vs. distraction) while looking at the problem from an outside perspective (distancing)             <ul style="list-style-type: none"> <li>▪ <b>Immersers</b> – people who visualize in the 1<sup>st</sup> person (“I feel”, “I like”)</li> <li>▪ <b>Distancers</b> – people who visualize from a 3<sup>rd</sup> party perspective (“fly on wall”)</li> </ul> </li> <li>• Research showed that zooming out and visualizing from a 3<sup>rd</sup> party perspective (i.e., a distancer) helped people feel better and approach an issue more clearly             <ul style="list-style-type: none"> <li>▪ Follow-on studies showed that zooming out reduces the “fight or flight” cardiovascular response to stress and dampens emotions and aggression</li> <li>▪ Follow-on studies showed that zooming out also reduces the impact of positive experiences (so live positive experiences in the moment!)</li> <li>▪ A follow-on study showed that 9<sup>th</sup> graders who focused on the big picture of why they are at school helped improve their GPA in boring courses</li> </ul> </li> </ul>

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<b>Solomon's Paradox</b> (Page 55)	<ul style="list-style-type: none"> <li>• <b>Solomon's Paradox</b> - We often don't see ourselves with the same <i>distance</i> and <i>insight</i> that we see others             <ul style="list-style-type: none"> <li>▪ King Solomon was wise when dealing with others, but was excessive in his own life (e.g., many wives, excessive spending, etc.)</li> </ul> </li> </ul>
<b>Wisdom</b> (Page 57)	<ul style="list-style-type: none"> <li>• <b>Wisdom</b> - constructive reasoning about any problem that involves uncertainty             <ul style="list-style-type: none"> <li>▪ Although wisdom correlates with age, you can gain wisdom regardless of age by zooming out (adopting an <i>outside view</i> vs. an <i>inside view</i>)                 <ul style="list-style-type: none"> <li>○ <b>Inside View</b> – limiting thinking to your existing circumstances</li> <li>○ <b>Outside View</b> – opening thinking to a broader sample of possibilities</li> </ul> </li> <li>▪ Temporal distancing promotes a facet of wisdom – realizing that everything is in flux and circumstances are going to change</li> </ul> </li> </ul>
<b>Temporal (Time) Distancing</b> ("Time Travel") (Page 62)	<ul style="list-style-type: none"> <li>• <b>Temporal Distancing</b> – mentally traveling in time to look at a similar issue that occurred in the past or how an issue might look from a future perspective             <ul style="list-style-type: none"> <li>▪ Temporal distancing provides wisdom via the recognition that the world is constantly in flux and circumstances will change</li> </ul> </li> </ul>
<p><b>Key Take-Aways</b> – <i>When our inner voice becomes chatter, it can negatively affect us in several ways. Chatter affects our attention, which can impact task execution, social interactions, and physical wellbeing.</i></p>	
<p align="center"><b>CHAPTER 4: When I Become You</b></p>	
<p><i>Chapter four continues the story in which the author stayed-up late with a baseball bat. Eventually he asked, "Ethan, what are you doing." By silently saying his own name, he distanced himself from the problem and broke his cycle of chatter. <b>LeBron James</b> and <b>Malala Yousafzai</b> had similar experiences.</i></p>	
<b>Distanced Self-Talk</b> ("Say Your Name") (Page 71)	<ul style="list-style-type: none"> <li>• <b>Distanced Self-Talk</b> – Addressing yourself in the 2<sup>nd</sup> person by saying your own name is a simple way to distance yourself from a problem and prevent chatter             <ul style="list-style-type: none"> <li>▪ Instead of self-talk that says, "Why did I blow-up at my co-worker today?", you might say "Why did Ethan blow-up at his co-worker today?"</li> </ul> </li> <li>• Other techniques for distancing require time a concentration, whereas saying your own name is a simple and easy technique to remember</li> </ul>
<b>I-Talk</b> (Page 72)	<ul style="list-style-type: none"> <li>• <b>I-Talk</b> – is using the 1<sup>st</sup> person when talking to yourself (i.e., "I", "me", "my")             <ul style="list-style-type: none"> <li>▪ I-Talk has been shown to, "a reliable marker of negative emotion"</li> </ul> </li> </ul>
<b>Threat vs. Challenge</b> (Page 78)	<ul style="list-style-type: none"> <li>• Psychologists have shown that when a person is in a stressful situation, they can see it as either a threat (negative) or a challenge (neutral)             <ul style="list-style-type: none"> <li>▪ Distanced Self-Talk helps people see a stressful situation as more of a challenge, which evokes a more positive self-talk ("Mike, we can do this!")</li> <li>▪ <b>Fred Rogers</b> of <i>Mr. Rogers' Neighborhood</i> used this method ("...get to it, Fred!")</li> </ul> </li> </ul>
<b>Normalizing Experiences</b> (Page 82)	<ul style="list-style-type: none"> <li>• There is psychological comfort in knowing that others have gone through the same negative experiences you are going through             <ul style="list-style-type: none"> <li>▪ When you go through a stressful situation, you often feel agonizingly alone</li> <li>▪ Normalizing helps you zoom out and realize others have similar issues</li> </ul> </li> </ul>
<b>The Universal "You"</b> (The Generic "You") (Page 82)	<ul style="list-style-type: none"> <li>• Using the pronoun "you" as a generic or universal descriptor vs. referring to a specific person can also help with distanced self-talk             <ul style="list-style-type: none"> <li>▪ Universal "You" = Q: "What do you do with a pencil" A: "You write with it"</li> <li>▪ Specific "You" = Q: "What do <u>you</u> do with a pencil", A: "I write with it"</li> </ul> </li> </ul>
<p><b>Key Take-Aways</b> – <i>Saying your name is an easy to remember tool to manage the inner voice. When you experience stress, controlling your self-talk by saying your name (distanced self-talk) can have more impact than reaching out and talking to other people about your problems.</i></p>	

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## CHAPTER 5: The Power and Peril of Other People

Chapter five discusses how talking about our problems with other people can both help a person and harm them by contributing to self-talk. People who had group discussions about mass shootings and 9/11 felt better temporarily, but in some cases the discussion contributed to ongoing chatter vs. reducing it.

<p><b>Co-Rumination</b> (Page 93)</p>	<ul style="list-style-type: none"> <li>• <b>Co-Rumination</b> occurs when people only talk about their emotional needs and fail to focus on cognitive needs.             <ul style="list-style-type: none"> <li>▪ People who offering emotional support often ask questions and dig into details that encourage more negative self-talk and chatter</li> </ul> </li> <li>• When people are upset, they need their emotions understood and validated.             <ul style="list-style-type: none"> <li>▪ The validation focuses on a person’s <b>emotional needs</b> (Captain Kirk)</li> </ul> </li> <li>• When people are update, they also need to solve the situation             <ul style="list-style-type: none"> <li>▪ Solving the problem focuses on a person’s <b>cognitive needs</b> (Spock)</li> </ul> </li> </ul>
<p><b>Board of Advisors</b> (Page 99)</p>	<ul style="list-style-type: none"> <li>• Different friends and advisors will be better at providing advice and helping prevent rumination in certain situations than others             <ul style="list-style-type: none"> <li>▪ It is important to tap into the right person for any given issue</li> </ul> </li> </ul>
<p><b>Invisible Support</b> (Page 101)</p>	<ul style="list-style-type: none"> <li>• <b>Invisible Support</b> – helping a person without overtly helping them             <ul style="list-style-type: none"> <li>▪ People feel vulnerable when they need help, but don’t want to ask for help</li> <li>▪ Invisible support gives someone space to solve the problem themselves                 <ul style="list-style-type: none"> <li>○ For example, cleaning the house, providing physical contact (touch)</li> </ul> </li> </ul> </li> <li>• Unsolicited or unwanted advice often does more harm than good in rumination             <ul style="list-style-type: none"> <li>▪ <b>Self-efficacy</b> – people need to feel they can manage their own challenges</li> </ul> </li> </ul>

**Key Take-Aways** – Discussing a problem with other people can both help and contribute to rumination. When assisting someone, focus on both their emotional and cognitive needs. Consult the right type of personality when soliciting cognitive help. Provide **Invisible Support** to help others find their own answers.

## CHAPTER 6: Outside In

Chapter six starts with a discussion of the lessons learned from the Robert Taylor Homes housing project in Chicago. Green space is important for clearing a person’s head and preventing chatter.

<p><b>Attention Restoration Theory</b> (Page 112)</p>	<ul style="list-style-type: none"> <li>• <b>Attention Restoration Theory</b> – a theory proposed by <a href="#">Stephen &amp; Rachel Kaplan</a> in the 1970s which suggest that nature can help us recharge our attention             <ul style="list-style-type: none"> <li>▪ The theory believes that items in nature (e.g., trees, landscapes, etc.) attracts our involuntary attention and recharges the batteries in our brains</li> </ul> </li> <li>• <a href="#">William James</a> first studied involuntary vs. voluntary attention in the late 1800s             <ul style="list-style-type: none"> <li>▪ <b>Involuntary Attention</b> – something that draws our attention naturally</li> <li>▪ <b>Voluntary Attention</b> – something that we consciously choose to focus on</li> </ul> </li> </ul>
<p><b>Awe</b> (Page 120)</p>	<ul style="list-style-type: none"> <li>• <b>Awe</b> – the wonder felt when encountering something powerful or unexplainable             <ul style="list-style-type: none"> <li>▪ Awe is a <b>self-transcendent emotion</b>; people think beyond their own needs</li> <li>▪ Awe decreases self-immersion in a way similar to meditation or LSD</li> <li>▪ When in the presence of something vast and indescribable, it is hard to believe that you – and the voice in your head – are the center of the world</li> </ul> </li> <li>• While the bulk of research links awe with positive outcomes, a subset of awe inducing experiences trigger negative feelings (e.g., tornados, terror attacks, etc.)</li> </ul>
<p><b>Compensatory Control</b> (The Nadal Principle) (Page 123)</p>	<ul style="list-style-type: none"> <li>• <b>Compensatory Control</b> – creating order in your physical environment in order to support your sense of emotional control             <ul style="list-style-type: none"> <li>▪ <b>Rafael Nadal</b>, a tennis pro, used rituals to control rumination during matches</li> <li>▪ The desire for control over oneself is a strong human drive</li> </ul> </li> </ul>

**Key Take-Aways** – Our physical environment affects our self-talk. Green space in nature can help recharge the batter in our brains. Items that inspire “awe” can help us keep problems in perspective. And compensatory control rituals can help set things in order so our mind can focus attention where needed.



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## CHAPTER 7: Mind Magic

Chapter seven starts with a story about **Franz Anton Mesmer**, who “mesmerized” and cured his patients of ailments like blindness simply by convincing them that they were cured.

### Placebos (Page 133)

- **Placebos** – a non-active substance (commonly a sugar pill) that is used to gauge the effectiveness of the actual drug.
  - The book cites several studies in which simply believing in a placebo can make it work (even if you know it’s a placebo)

### Lucky Charms (Page 134)

- **Lucky Charms** – like a placebo, a lucky charm can help you to think you’ll have luck (so often times you will)

### Rituals (Page 144)

- **Rituals** – a sequence of behaviors, often performed in the same order. that are infused with meaning and help us control or mitigate chatter
  - Rituals provide us with a sense of order
  - The meaning tied to rituals helps us broaden our perspective to fight chatter

**Key Take-Aways** – “Mind Magic” can help us fight chatter and achieve things that are otherwise impossible. Items like Placebos, Lucky Charms, and Rituals can help ease our mind and achieve results.

## Conclusion

Chapter seven starts with a discussion about whether the inner voice has value. The author asserts that you would never want to lose our inner voice. *No pain – no gain!*

### The Toolbox (Page 156)

- **The Toolbox** – The tools presented in this book to manage our inner voice can not only help us be more clearheaded, but can also help strengthen relationships

**Key Take-Aways** – See the tools outlined in the next section.

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The Tools	
<b>Tools For Helping Yourself w/Chatter</b> (Page 162)	<ul style="list-style-type: none"> <li>• <b>Use Self-Talk with a 2<sup>nd</sup> Person Perspective</b> <ul style="list-style-type: none"> <li>▪ <u>Use Distanced Self-Talk</u> – Say your name. Talk to yourself in the 2<sup>nd</sup> person.</li> <li>▪ <u>Imagine You're Advising a Friend</u> – Distance and provide yourself advice</li> <li>▪ <u>Broaden Your Perspective</u> – Chatter is specific; broadening gives perspective</li> </ul> </li> <li>• <b>Use Self-Talk with a 3<sup>rd</sup> Person Perspective</b> <ul style="list-style-type: none"> <li>▪ <u>Change the View</u> – Distance yourself - observe problem like a fly on the wall</li> <li>▪ <u>Adopt a 3<sup>rd</sup> Party Perspective</u> – Look at problem from a neutral 3<sup>rd</sup> Party view</li> </ul> </li> <li>• <b>Use a Lucky Charm, Superstition or a Ritual to Tame Self-Talk</b> <ul style="list-style-type: none"> <li>▪ <u>Embrace a Lucky Charm/Superstition</u> – Superstitions work like a placebo</li> <li>▪ <u>Perform a Ritual</u> – Perform a ritual of activities to instill order and gain control</li> </ul> </li> <li>• <b>View the Issue from a Different Perspective</b> <ul style="list-style-type: none"> <li>▪ <u>Engage in Mental Time Travel</u> – Think about your situation in a few months</li> <li>▪ <u>Reframe as a Challenge</u> – Chatter is triggered by a threat vs. a challenge</li> <li>▪ <u>Normalize Your Experience</u> – Realize your problems are normal - not unique</li> <li>▪ <u>Reinterpret Your Body's Response</u> – Realize the physical signs of stress</li> <li>▪ <u>Write Expressively</u> – Write about a problem for 15 minutes a day for 1-3 days</li> </ul> </li> </ul>
<b>Tools for Helping Others w/Chatter</b> (Page 166)	<ul style="list-style-type: none"> <li>• <b>Tools for Helping Others with Chatter</b> <ul style="list-style-type: none"> <li>▪ <u>Address Emotional &amp; Cognitive Needs</u> – 1) empathize; 2) give concrete advice</li> <li>▪ <u>Provide Invisible Support</u> – Don't let them know you're trying to help them</li> <li>▪ <u>Pretend They Are a Superhero</u> – Encourage them to act like a superhero</li> <li>▪ <u>Touch Affectionately</u> – Touching releases endorphins to reduce stress</li> <li>▪ <u>Be Someone Else's Placebo</u> – Be optimistic to help someone else</li> </ul> </li> </ul>
<b>Tools for Receiving Help w/Chatter</b> (Page 168)	<ul style="list-style-type: none"> <li>• <b>Tools for Receiving Help with Chatter</b> <ul style="list-style-type: none"> <li>▪ <u>Build a Board of Advisors</u> – People provide good advice on different topic</li> <li>▪ <u>Seek Out Physical Contact</u> – Touching releases endorphins to reduce stress</li> <li>▪ <u>Look at a Photo</u> – Good memories can help prevent rumination</li> <li>▪ <u>Perform a Ritual with Others</u> – Prayer, Team Rituals, Toasts</li> <li>▪ <u>Minimize Passive Social Media</u> – Scrolling triggers self-defeating envy</li> <li>▪ <u>Use Social Media to Seek Support</u> – Engage advisors, but not negatively</li> </ul> </li> </ul>
<b>Tools that Involve the Environment</b> (Page 170)	<ul style="list-style-type: none"> <li>• <b>Tools that Involve the Environment</b> <ul style="list-style-type: none"> <li>▪ <u>Create Order in Your Environment</u> – Creating order provides control</li> <li>▪ <u>Increase Exposure to Green Space</u> – Green space frees your mind of chatter</li> <li>▪ <u>Seek Awe Inspiring Experiences</u> – Awe keeps things in perspective</li> </ul> </li> </ul>