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**SELF-TALK: RATIONAL OR IRRATIONAL?**

Many people's minds generate negative thoughts about them, and they are being bombarded by these thoughts constantly. Often, people think these are "truths" about themselves, and feel ashamed.

No, no no! Thoughts do not have reality! They are not facts – they are just thoughts, nerves making connections with tiny neuro-chemical messages that spill across synapses and that last less than a nanosecond. Then, they are gone.

So, it's time to challenge those thoughts! For your thought or self-talk to be rational, it must meet four criteria: The thought must be

- 1) grounded in objective fact (i.e., directly observable)
- 2) in your best interest
- 3) protect and prolong your life
- 4) get you closer to the healthy goals for your life

Test your thoughts one by one as they pop up in your mind. If any thought doesn't meet *any one* of these criteria, it is an *irrational* thought.