

Mindful

www.getmindfulhealth.com

Mindful Self-Talk Series

Create Psychological Distance from Yourself

Using first-person phrasing, such as "Why am I so stressed?" or "How can I do better?" may increase feelings of shame or anxiety. Its best to use your own name or a second- or third-person pronoun when referring to your situation. Asking yourself, "Why are you feeling so stressed?" is one way to create the psychological distance you need to regulate emotion and be able to lessen your discomfort rather than add to it.

Why It Works

People who use their own name or 'you' begin to think of the task more as an interesting challenge rather than as a threat.

Mindful

www.getmindfulhealth.com

Mindful Self-Talk Series

How to Practice This Technique

1. Notice when you are using first-person language in stressful situations.
2. Switch to using your own name or 'you.'

Example: Instead of "Why am I so nervous about this meeting?", say "Why is [Your Name] feeling nervous about this meeting?" or "Why are you feeling nervous about this meeting?"

3. Observe how this shift helps you feel more calm and objective.
4. Repeat this technique in various situations to strengthen the habit.