

Watch the episode and mark the statements True or False

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| 1. Being caught talking to yourself can feel educating. | True | False |
| 2. Talking to yourself is completely crazy. | True | False |
| 3. It also includes reflections throughout the day. | True | False |
| 4. We know this internal self-talk is unimportant. | True | False |
| 5. What you say in these conversations can have a real impact on your self-expression. | True | False |
| 6. One study found that this kind of self-talk was especially beneficial for reducing stress. | True | False |
| 7. Cognitive behavioral therapists teach strategies to identify negative thoughts and replace them. | True | False |