Module 4 – March 5

1. Read this piece on [self-talk](file:///C%3A%5CUsers%5Ccwynne%5CDropbox%5CUTEP%5CDissertation%5CGroup%20Meetings%5CNovember%2013%5CSelf-Talk%20Handout.docx).
2. Spend about 30 minutes trying to write your dissertation/thesis. As you write, fill out the first two columns on the [Self-Talk Exercise](file:///C%3A%5CUsers%5Ccwynne%5CDropbox%5CUTEP%5CDissertation%5CGroup%20Meetings%5CNovember%2013%5CSelf-Talk%20Dissertation%20Exercise.docx).
3. After filling out the first two columns, fill out the third in which you replace the negative thoughts with positive ones.
4. Freewrite for 20 minutes. What did you learn about your thoughts from this exercise? How can you do differently as you work on your project in the future?

Homework: Do the same exercise three times over the next three weeks. After you’ve done this, write about whether your self-talk patterns have changed since becoming consciously aware of your self-talk patterns.