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[The Power of Inner Dialogue: The Impact of Self-Talk Techniques on Athlete Performance](#)

Self-talk is a pivotal psychological technique within sports psychology that significantly influences an athlete's performance and mental resilience. It involves the process of athletes engaging in internal dialogue to achieve specific psychological objectives such as enhancing motivation, improving focus, and managing stress. This technique encompasses various forms of self-directed communication including positive affirmations, instructional reminders, and motivational statements. Understanding the different types of self-talk and their effects is essential for athletes, coaches, and sports psychologists who aim to develop effective mental strategies for athletic success.
