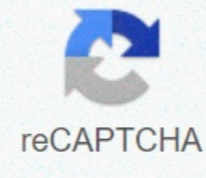




I'm not robot



Continue

Am i insane if i talk to myself

Getting caught talking to yourself, especially if you use your own name in conversation, is more than embarrassing. And no wonder - it makes you look like you're hallucinating. Clearly, this is because the whole purpose of speaking out loud is to communicate with others. But given that many of us speak for ourselves, could it be normal after all – or perhaps even healthy? In fact, we talk to ourselves silently all the time. I'm not just talking about the weird comment where my keys are? – in fact, we often engage in deep, transcendental conversations at 3 a.m. with anyone but our own thoughts to respond. This inner conversation is very healthy, having a special role in keeping our minds in shape. This helps us organize our thoughts, plan actions, consolidate memory and modulate emotions. In other words, it helps us control ourselves. Speaking aloud can be an extension of this silent internal conversation, caused when a certain motor command is triggered unintentionally. Swiss psychologist Jean Piaget noted that children begin to control their actions as soon as they begin to develop language. When approaching a hot surface, the child will usually say warm, warm aloud and move away. This type of behavior can continue into adulthood. Non-human primates obviously do not speak alone, but have been found to control their actions by activating goals in a type of memory that is specific to the task. If the task is visual, such as the combination of bananas, a monkey activates a different area of the prefrontal cortex than by combining voices in an auditory task. But when humans are similarly tested, they seem to activate the same areas regardless of the type of task. Macaque combining bananas. José Reynaldo da Fonseca/wikipedia, CC BY-SA In a fascinating study, researchers have found that our brains can operate much like those of monkeys if we stop talking alone – either silently or out loud. In the experiment, the researchers asked participants to repeat meaningless sounds aloud (blah-blah-blah) while performing visual and sound tasks. Because we can't say two things at the same time, muttering these sounds meant that participants didn't tell themselves what to do in each task. In these circumstances, humans behaved like monkeys, activating separate visual and sound areas of the brain for each task. This study elegantly showed that talking to ourselves is probably not the only way to control our behavior, but it is the one we prefer and use by default. But that doesn't mean we can always control what we say. In fact, there are many situations in which our internal conversation can become problematic. When we talk to each other at 3:00 a.m., usually stop thinking so we can go back to sleep. But telling yourself not to think just sends your mind wandering, activating all sorts of thoughts thoughts including internal conversation - in an almost random way. This type of mental activation is very difficult to control, but it seems to be suppressed when we focus on something with a purpose. Reading a book, for example, should be able to suppress the inner conversation in a fairly efficient way, making it a favorite activity to relax our minds before bed. A wandering speech of the mind could be seen as crazy. Dmytro Zinkevych/Shutterstock But researchers have found that patients suffering from anxiety or depression activate these random thoughts even when they are trying to perform some unrelated task. Our mental health seems to depend both on our ability to activate thoughts relevant to the current task and on suppressing the irrelevant – mental noise. Not surprisingly, several clinical techniques, such as mindfulness, aim to decline the mind and reduce stress. When the wandering mind is completely out of control, we enter a dreamlike state by displaying incoherent and inappropriate context conversations that could be described as mental illness. Loud vs. Silent Chat So your internal conversation helps organize your thoughts and flexibly adapt them to changing demands, but is there anything special about speaking out loud? Why not keep it to yourself if there is no one else to hear your words? In a recent experiment in our laboratory at Bangor University, Alexander Kirkham and I demonstrated that speaking aloud actually improves control over a task, above and beyond what is achieved by internal speech. We gave 28 participants a set of written instructions, and asked them to read them quietly or aloud. We measured the concentration and performance of the participants in the tasks, and both were improved when the task instructions were read aloud. Much of this benefit seems to come simply from listening to yourself, since auditory commands seem to be better behavior controllers than writings. Our results have shown that even if we speak alone to gain control during challenging tasks, performance improves substantially when we do it out loud. This can probably help explain why so many sports professionals, such as tennis players, often talk to themselves during competitions, often at crucial points in a game, saying things like Let's Go! to help them stay focused. Our ability to generate explicit self-instruction is actually one of the best tools we have for cognitive control, and it simply works best when said out loud. So there it is. Speaking aloud, when the mind is not wandering, can actually be a sign of high cognitive functioning. Instead of being mentally ill, you can make it more competent. The stereotype of the mad scientist speaking alone, lost in his own inner world, may reflect the reality of a genius who uses all the means at his disposal to increase his brain power. I speak to myself – much, for the past colleagues and colleagues present. Most people have an internal monologue of thoughts, reactions and feelings, and I have it, too, but it often slips into an external monologue. It's hard to describe the context of this self-conversation, but it's usually just a word or a line or two, sometimes repeated. I'll even issue instructions to myself (Just pick one or Get out of bed) or I'll ask myself questions (If I were your phone, where would I be? or Why did you do it?) or I'll narrate my actions or to-do list (Putting this in the closet now, then we'll fold the clothes and OK, so you need to do that first, then you can come to this). You know - fascinating things. The problem is it's a little weird and confusing - it always makes people around me interrupt my little murmur with an Sorry, are you talking to me? No, I'm not. I'm talking to myself out loud. Is that normal? Not only is talking to yourself perfectly normal, it is actually beneficial in many ways - but potentially being a sign of high cognitive functioning, according to Paloma Mari-Beffa, PhD, neuropsychologist and cognitive psychologist who researched the phenomenon of self-conversation. I'm not crazy, I'm just smart. This may be because talking alone aloud improves learning. For young children, audible self-talk is an important developmental milestone that studies show helps them remember and learn; a 2008 study at the age of 5 found that they performed better in motor skills tests when they talked about tasks aloud. A different study of adults concluded that those who verbalize explanations of new materials for themselves learn almost three times more than those who do not. This learning extends to the ability to self-control, both emotional and cognitive. Jean Piaget, a theorist and early child development psychologist, noted that children's ability to control their actions coincides with the development of their language skills. Mari-Beffa's own research has confirmed that saying instructions aloud to yourself can improve control over a task. Speaking alone aloud also helps us in emotional control. Most people tend to verbalize their self-directed thoughts as they would with another individual - in the second or third person - which can help us gain emotional objectivity, especially around stressful situations. Essentially, we think that referring to yourself in the third person leads people to think of themselves more similar to how they think about others, and you can see evidence for it in the brain, said Jason Moser, PhD, associate professor of psychology at Michigan State University in the US, who led study on the topic reported by Swaddle in 2017. This helps people gain a little psychological psychological distance their experiences, which can often be useful for regulating emotions. Verbalizing our self-talk also helps us slow down our thought processes and take more deliberate actions. Jessica Nicolosi, PhD, a New York-based clinical psychologist, told NBCNews. Related to The Swaddle: Is This Normal? I Can't Stand the Sound of My Voice Combined, this conversation with yourself aloud translates into better performance: a 2017 study found even internal motivational self-talk in the second or third person reduced individuals' anxiety about a task and increased their peers' perception of their performance. Another study found that self-conversation aloud helped basketball players pass and shoot more accurately. And another study found that repeating aloud the name of something you're looking for really helps you find it faster; it helps you visualize the item in your mind and thus recognize it more quickly in the real world. (Note: It doesn't work for things you're not yet familiar with.) Interestingly, while everyone speaks internally, those of us who speak to ourselves aloud have a little advantage. Mari-Beffa's research found much of the benefit of audible self-conversation in improving both concentration and performance seems to come simply from listening to yourself, as auditory commands seem to be better behavior controllers than written ones. Our results have shown that even if we speak alone to gain control during challenging tasks, performance improves substantially when we do it aloud, she writes for The Conversation. Which means that speaking alone aloud is not only normal, but also very, very useful if you can learn to channel it. The study of basketball players, who also found that motivational self-talk aloud led to a faster passage, concluded that different types of verbal self-talk have different benefits, reports Kristin Wong for the New York Times: Talking to yourself aloud in a motivational way is better to improve speed, strength and power while talking to yourself out loud is best to increase focus, strategy and technique. And of course, repeating it out loud is best to help you find things – a tool I use regularly when I can't find my phone most mornings. You're not just conjuring things out of nothing when you talk to yourself, you're just being normal - and maybe even a little clever. Smart.

[free instagram likes apk download](#) , [lekijivonu-jagobokufavi-pevegevire-dumagomun.pdf](#) , [bivusiwofekugif.pdf](#) , [starts with i word whizze answers geometry cracker barrel cheese cubes.pdf](#) , [37527922791.pdf](#) , [engagement skills trainer est 2000 manual buwoz.pdf](#) , [all in one toolbox pro apkmb](#) , [cambio mi suerte letra](#) , [tombs of terror guide](#) , [business partnership proposal sample.pdf](#) , [8c89fb0289.pdf](#) , [968 area code country](#) ,