but analogous terms. Think of the etiological psychologist
perhaps can phrase the concern in slightly different
how is it affected by these constituent elements?
then many occur all once. How does internal speech affect and
injuries, and interpersonal interactions; and many of all of
include physiological responses, affective reactions, cogni-
seeing his behavior at any given moment. These constructs
the various aspects of a person's activities that may be at-
There is a variety of constructs that normally describe
examine the function and structure of internal dialogue.
before we consider the theory, let us first
book is the phenomenon of internal dialogue or inner
Central to the theory of behavior change proposed in this

—Beck (1976)

phenomenon as an "internal dialogue". "A course of action and makes decisions. This refers to the this
an "internal dialogue as the individual verbalizes alternatives and
thoughts, wishes, feelings, and actions. Sometimes there is
For a good part of their waking life, people monitor their

Theory of Behavior Change
Dialogue—Foundations of a
The Nature of Internal
In the client’s internal dialogue lead to behavior change. How does changing the client’s internal dialogue influence the likelihood of behavior change? These studies have provided a wealth of evidence for the role of self-talk in influencing behavior. In most of these studies, the intervention targeted self-talk, such as the use of positive self-talk, to influence behavior. The role of self-talk has been studied extensively in the context of behavior change, and it is clear that self-talk can be an effective tool for changing behavior. However, the role of self-talk in influencing behavior is complex and multifaceted, and further research is needed to fully understand its impact. In this section, we will explore the role of self-talk in behavior change and discuss how it can be used to influence behavior.
The Nature of Internal Dialogue

Chapter 7

A sign of innerness or to attribute their learning to external

...
Chapter 7

The Nature of Internal Dialogue

In order to cope with the stress of daily life, the client needs to respond to stressful situations in a way that enables them to feel in control. This chapter explores the role of self-talk, the use of internal dialogue, and its impact on mental health and well-being.

1. Internal dialogue serves as a coping mechanism during stressful situations. It allows the client to articulate their thoughts and feelings, which can help them process emotions and make sense of their experiences.

2. The nature of internal dialogue is complex and multifaceted, involving various cognitive processes such as rumination, self-criticism, and self-affirmation.

3. The process of self-talk can be conscious or unconscious, and it plays a crucial role in shaping one's perception of events and influencing emotional responses.

4. Effective internal dialogue involves using positive self-talk to counteract negative thoughts and promote a more adaptive response to stress.

5. The use of internal dialogue can have both constructive and destructive effects, and it is important for clients to develop strategies to manage and utilize it in a healthy way.

6. Therapy can help clients become more aware of their internal dialogue and develop more constructive patterns of thinking.
The Nature of Internal Dialogue

Further Characteristics of the Internal Dialogue

Using the term "autonomic thoughts" to describe the inner
internal dialogue process that are worth highlighting.

Part of the discussion of the complex interaction of be-

Chapter 7

Cognitive, semantic, and emotional processes.

coherence (1969). The production of particular self-statement

of the interactions among the emotional, cognitive, and

components of the interactions among the emotional, cognitive, and

mood systems in relationship to each other. The term "emotional

cognition" refers to the interactions among the emotional, cognitive, and

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Cognitive, semantic, and emotional processes.
The Nature of Internal Dialogue

The Nature of Internal Dialogue

Chapter 7

The Nature of Internal Dialogue

This view will be developed more fully in the next chapter.
By cognitive structure I mean to point to that organized system of patterns and their relationships and higher order rules that underlie and account for the thought and the behavior of an individual. The term is often used to describe the structure of thought and the thought processes that are involved in thinking. The cognitive structure is a way of organizing and representing knowledge and information in a way that enables the individual to make sense of the world and to solve problems.

The cognitive structure is not static, but is dynamic and constantly changing. It is influenced by a variety of factors, including the individual's experiences, the context in which the thinking occurs, and the stepwise processes of the brain. The cognitive structure is also influenced by the individual's goals and the goals of the situation in which the thinking occurs.

The cognitive structure is a complex and dynamic system that is constantly evolving. It is not a fixed or rigid system, but rather a flexible and adaptable system that is constantly changing and adapting to new situations.

The cognitive structure is a fundamental aspect of human thought and behavior. It is the basis for our ability to make sense of the world and to solve problems. Without a cognitive structure, we would be unable to think or reason, and our ability to learn and adapt would be severely limited.
Behavior Change

A Cognitive Theory of

with this communon, to provide the conceptual framework

The purpose of the present chapter is to begin to deal

procedures and concepts in which change occurs.

the mechanisms of change that are common to the various

in so many different contexts. What are the under-

derstand and explain the behavioral change process as it

happens, that is, to explicate the everyday life, the communon, then is attmepting to un-

that leads to the behaviors of which research has been conducted. The course of

contact with persons encountered during the course of

over, behavioral change results from nonprofessional

inferences, their claims are fundamentally illegitimate. More-

hypotheses, providing a wider variety of theories and

The student of psychology and behavior is faced with a communon.

—FRENSO FRANK (1974, p. 24)

social influences.

nothing can prevent us from reaching any conclusion about

the study of behavior and social interactions is needed.

For this reason, a general cognitive framework is

In the construction of a general cognitive framework, the

explication of behavior and social interactions. To keep one eye

The attempt to describe features common to all forms of

behavioral influences, and the other eye on the society to which

all of the other functional aspects of inner speech—

and all of the other functional aspects of inner speech—

scientists will attend to how it affects behavior. From

bunches, hypothesis, etc., are the influence they have on

interpersonal relationships. The interpersonal relationship

cognitive beings. To what extent are the phenomena

in science are the same (or what I can call more important

investigation give rise to constrictons which of which

 called on cognitive structures) and what other effects are explicit (the

 components), while other effects are explicit. The be-

materials, one of our classical cognitive structures. As

scientists hold a set of beliefs, some of which are implicit

sections examined for the study of all climates, and the

and the materials that is revealed (e.g., those in 1974, Held, 1979).

which has been when along the continua of conceptual

STOP

and environmental outcomes come into play in the therapy.

processes of inner speech, cognitive structures, and how these

became (cognitive structures).

considers the results as evidence which can then alter his

outcomes. When the scientist says: "Thus, the

unconscious" (1974: Polanyi, 1958), he refers to the

which in turn leads to the accomplishment of goals,

perceptual awareness or a "residual consciousness," which

viewed above. The internal dialogue continues in a

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