

What's Your Story?  
Self-talk scenario #1:

Bill is just about to start his first supervisory job, where he will have a staff of eight entry-level employees. Bill has recently returned from a supervisory training program and has been asked to give a presentation to current supervisory staff on the time management skills that were taught in the program. Listen in on Bill's internal dialogue as he prepares for his presentation:

*I'm nervous about this! When was the last time I spoke in front of a group of people? It's been awhile... high school? Those aren't good memories...*

*What if I'm standing up there and forget what I was going to say? I can just picture it – my neck and face are going to turn beet red. Then I'll probably just say, "Um..." over and over while I scramble for my notes, fumbling through them to find my place. Painful. Will they laugh at me or just feel sorry for me?*

*So, I'm thinking I should start with a joke. Put everyone at ease, including me. That seems to be standard practice, too. But what if they don't laugh – then what? Sometimes people make a joke about how no one laughed at their joke... If I do that it will probably sound lame. Like I'm trying to be a real comedian or something.*

*What if someone asks me a question and I have no idea how to answer? I'm supposed to be the expert now, right? After all, I just went to this training. They're going to think it was a waste of time and money and that I didn't learn anything... There are a few things I'm not sure about – I should have asked more questions while I was there!*

*I never know what to wear for this sort of thing. Too formal, and they'll think I'm arrogant. Too casual, and they'll think I'm not taking it seriously. I'm sure I'll get it wrong, one way or the other.*