Talking to yourself will never be an easy task but with time it will help you understand who you are as a person, and how you need to change to become the person you want to be. Think about what kind of person do you want to become and how different that is from who you are right now, do you have anger issues, are you shy and timid but want more confidence? Talking to yourself about what you want to change is a good starting point, but you also need to listen to yourself to figure out why you are having these current problems and the deeper meaning behind them. I have always had problems being confident and speaking up for myself but I’ve come to realize that I was having these problems because the people around me would always speak for me so I would never have a chance to be more outgoing and become more confident. Once you realize what is holding you back whether that is yourself or others you can start working to fix that and become more like the person you want to be.