“You find out what you think by talking to yourself” – Robert Harris. The only way for anyone to know how you are feeling is to communicate with them and yourself.

I believe that people don’t communicate with themselves properly, you will never understand what is going through your own head without talking to yourself and ask questions like “why did I do this”, “Why did this situation make me feel this way” then you will never fully understand yourself and come to terms with your actions and feelings.

Others believe that you should talk to a therapist or professional about all your problems, but from my experience, you need to speak to yourself.  
 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.

People want to be heard by others, which is why they seek out therapists and other professionals to help them, which can be true, but this is not always the case. Therapy is seen as the only solution when you are facing problems. While professional help is important for serious challenges or traumas everyday problems and struggles can be handled within yourself. Self communication also helps when it comes to smaller problems and after a while talking to yourself and understanding your problems on your own you become self reliant emotionally. You can be more honest with yourself than others, you won’t have to be afraid of being judged or criticized. While it can be helpful when therapists guide you to find the answers you seek by asking questions, but those answers are already there you just need to know the questions to ask yourself to really find out what your problems truly are. Often therapists also suggest journaling and exercises talking to yourself which shows communicating with yourself is the foundation to start making progress.

Self communication is an important tool to grow as a person with your emotional health. Talking with yourself allows you to understand how you are feeling, reflect on your choices, and find out the reasons behind your actions. In the end, the only way to truly understand yourself is to have honest conversations with yourself to find how you truly feel. While therapists and other professionals can help guide you and organize your thoughts, you can be honest with yourself, and it can be equally effective and, in some cases, more effective. And by communicating with ourselves effectively you find that talking with others as well gets easier in day to day life.