

SELF-STATEMENTS

BASIC TYPES

PROBLEM IDENTIFICATION

“What do I have to do?”



FOCUSING ATTENTION

“I have to concentrate, think only about my work.”

PLANNING AND RESPONSE GUIDANCE

“Be careful...look one at a time.”



SELF-EVALUATION

“Am I following my plan...did I look at each one?”

SELF-REINFORCEMENT

“Good-I got it.”



COPING AND ERROR-CORRECTING OPTION



“That’s OK...even if I make an error I can back up and go slowly.”