

Development of Positive Self-Talk Cards for Cognitive Restructuring in Cognitive Behavioral Therapy

Mae-Hyang Hwang

Gyeongin National University of Education, Incheon, South Korea

Ji Hyeon Kang

Dongduk Women's University, Seoul, South Korea

Hye Suk Ha

Korea National Open University, Seoul, South Korea

Youngbin Kim

Korea National Open University, Seoul, South Korea

Hyun Jung Park

KonKuk University Glocal Campus, Chungju, South Korea

Abstract

This study aims to develop positive self-talk cards designed to facilitate cognitive restructuring, a core therapeutic component of Cognitive Behavioral Therapy (CBT). The development process consists of four sequential stages. First, a literature review is conducted to identify irrational beliefs, dysfunctional thoughts, and cognitive distortions from existing scales, while empirical data on positive self-talk are collected from counseling professionals and teachers. Second, a preliminary item pool is constructed, comprising negative self-talk statements, corresponding positive counterparts, and additional items targeting negative affect reduction. Third, the finalized items are evaluated by experts in counseling-related fields, and based on their ratings, the card content, number, design, and format are determined. Finally, a utilization manual is developed, incorporating an introduction to the cards, general administration procedures, symptom-specific guidelines for anxiety, depression, and anger, practical tips, and real-world case examples. The proposed self-talk cards are expected to provide counselors and clients with a structured, accessible tool for promoting adaptive thinking and enhancing the effectiveness of cognitive interventions in both clinical and educational settings.

Keywords

Self-talk, card creation, counseling, dysfunctional beliefs, Cognitive Behavioral Therapy (CBT).