

Contents

Preface ix

Acknowledgments xi

Introduction 1

Part I What Is Self-Coaching?

1. A New Self-Therapy 9
2. The Seven Principles of Self-Coached Healing 22

Part II The Problems Self-Coaching Can Heal

3. Getting to the Root of Your Problem 31
4. Depression 42
5. Anxiety 55
6. The Control-Sensitive Personality 65
7. Insecurity versus Self-Trust 80

Part III Self-Coaching: The Program and How to Do It

8. Self-Talk 95
9. The Three Easy Steps of Self-Talk 106
10. Self-Talk: Follow-Through 130
11. Motivation 148

Contents

Part IV Self-Coaching: Working with Specific Personality Types

- 12. Self-Coaching for Worrywarts 161
- 13. Self-Coaching for Hedgehogs 172
- 14. Self-Coaching for Turtles 185
- 15. Self-Coaching for Chameleons 199
- 16. Self-Coaching for Perfectionists 212

Part V Self-Coaching for Life

- 17. Saying Good-Bye to Anxiety and Depression 233

Appendix: Training Log Format 243

Index 249