

# Parade

## Faisal Tai, MD of PsychPlus on Talking to Yourself

### Is It Normal To Talk to Yourself? Here's What the Experts Say

Therapists have spoken (to us and probably themselves).

BETH ANN MAYER • JAN 16, 2024



### Why Do I Keep Talking To Myself When I'm Alone?

The answer could be in the question. Often, we talk to ourselves because we're alone.

"If you talk to yourself more frequently when you're alone, then it might be a sign of being self-conscious about this behavior," says **Dr. Faisal Tai, MD.**, a board-certified psychiatrist and founder and CEO of [PsychPlus](#).

### Is Talking to Yourself a Mental Illness?

In most cases, no. But there are some signs to look out for. "Occasional self-talk is generally normal, but excessive or intrusive self-dialogue could be a potential symptom," Dr. Tai says. "If it interferes with daily [life](#) or is accompanied by other concerning signs, it's advisable to consult with a mental health professional for an accurate assessment."

You might also try to direct your attention elsewhere—your thoughts might follow. "If you want to reduce talking to yourself, you can try redirecting your thoughts by engaging in activities that require focus, like reading or solving puzzles," explains Dr. Tai.