

Introduction:

Let's talk about mental health episode 9: Let's talk about... self-talk [Podcast episode \(Spotify link\)](#)

The audience of this podcast includes people with mental health problems. As suggested at the beginning of the podcast, the podcast is for all ages, but mainly focused on teenagers. As a large number of teenagers (approx. 1 in 5) suffer from mental health issues, this information is entirely appropriate. The main purpose of this podcast is to provide information on self-talk. The podcast provides information, facts, and solutions to problems we may face with self-talk. The context of this podcast is set with our host, (Jeremy Godwin) and his talk about ways to improve self-talk and turn negative into positive. Many people have negative thoughts / tell themselves things like "I can't do this". The podcast speaker introduces ways he has dealt with these problems and also introduces ways other people may deal with the problems too. This social issue can also stop us from making risky decisions, as we think that we cannot do things that we may be able to do.

Body Paragraph 1:

One of the significant verbal language features in this podcast is rhetorical questions. Rhetorical questions are very typical for podcasts of all genres. Rhetorical questions are used during this podcast because the speaker (or producer) wants the listener to focus on the problem the rhetorical question raises. "So, how do you work through your self-talk and how does it impact your self-interests?" - the use of this question forces the listener to become aware of how you cope with negative self-talk, helping us to realize the things we do wrong, so we can try to improve our self-talk. They also help us feel a connection to the podcast. Personal pronouns are another technique used to help us feel a connection to this podcast, words like "you", "we", and "our" have been used to make us part of the podcast. Both of these language features are incredibly common/typical in podcasts. They are arguably the most effective language features because they make us feel included, part of the talk, podcast, or conversation. These language features also reinforce the main purpose of the podcast by engaging us and thinking about ways we can improve our self-talk, which is what he wants us to do.

Body Paragraph 2:

During this podcast, The speaker uses Comparative language to compare (and in some cases contrast) these issues with real-life problems he has faced. (a very typical language feature for podcasts). He compares his stories to the issues he discusses during the podcast. These comparisons connect us with his story, and how he has handled his self-talk. "In my first two years of my depression, over that period when things were at their absolute worst, the voice in my head had an absolute feel today. Anything that I didn't like about myself was amplified." - in this example, he connects us with his life and how it compares to the podcast title or scene. This quote also connects us with our next language feature, Providing personal anecdotes. Providing personal anecdotes includes the speaker telling us stories, or issues he has faced throughout his time of depression, he tells us about the type of self-talk that he faced and how he dealt with it. It is a reference to his real-life situations and complications/issues, providing us with his experiences throughout his hard time with depression.

Body paragraph 3:

The speaker uses emotive vocabulary repetitively throughout the podcast. Partially because the issue is quite an emotional subject, especially for someone like the speaker who has suffered from depression, an emotional disorder. "Worthless", "lazy", "unworthy", "sad", and "angry" are some examples of emotive vocabulary used during this podcast. The speaker is focusing on self-talk, so it is only necessary that the speaker uses appropriate language - things that he has said to himself and things he thinks we might have said to ourselves too. Other language features, like pejoratives, are also used heavily during this podcast. Using harsh, strong words are used to make us aware of how serious and harmful this issue is. These words include harmful, insecure, and many other examples. The reason I chose those two words is because these words made me feel that this podcast is truly serious, it raises awareness about the subject the speaker is talking about. Both of these language features use somewhat emotional words, phrases, or sentences. Making us realize how serious this issue is and connecting us with the podcast emotionally is what these language features do. These two examples are very typical for podcasts, especially mental health podcasts.

Conclusion

This podcast uses very appropriate and necessary language features inside the context/ theme of this podcast. the purpose of this text has greatly met/exceeded my expectations, and the language feature used during this podcast was overall very typical for podcasts, and even more typical in mental health podcasts. Overall, language features were used effectively and repetitively throughout the social issue podcast and have greatly achieved the podcast's purpose, theme, and context.