



## **Varieties of Inner Speech and its Relationship with Emotional Regulation: A Quantitative Study among Indian Young Adults**

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### **Author Biography**

Kajal Verma is an undergraduate student pursuing B.A. (Hons.) Psychology at Shaheed Rajguru College of Applied Sciences for Women, University of Delhi. Her academic interests include cognitive processes, inner speech, emotion regulation, and positive psychology. She has undertaken quantitative research examining the relationship between varieties of inner speech and emotional regulation strategies among Indian young adults. She is particularly

interested in understanding how internal cognitive mechanisms contribute to emotional functioning and psychological well-being in emerging adulthood. Her future goals include pursuing advanced research in psychological science and contributing to evidence-based mental health knowledge in the Indian context.

## **Abstract**

Inner speech refers to an individual's internal talk that is a significant part of cognitive processes and emotional self-regulation. Still, there is a lack of studies that have explored the link between certain types of inner speech and emotion regulation strategies in India. The present study aims to examine the relationships between varieties of inner speech namely, dialogic and motivational inner speech and two emotion regulation strategies, namely, cognitive reappraisal and expressive suppression, were examined among young adults in India. Using the cross-sectional correlational design, the data was collected using the Varieties of Inner Speech Questionnaire (VISQ) and the Emotion Regulation Questionnaire (ERQ) among 384 university students aged 18-25 years. Significant positive correlations were found between both types of inner speech and cognitive reappraisal but a better correlation coefficient was demonstrated by motivational inner speech predicting cognitive reappraisal. The results of the study showed low levels of relationships between both inner speech types and expressive suppression.

**Keywords:** inner speech, cognitive reappraisal, expressive suppression, emotion regulation, young adults.

## **Introduction**

Inner speech is an integral element of cognitive processes in daily life and has a significant meaning for the interpretation of situations, behavioral management, and emotion regulation. Being actively applied by youth in solving problems related to academic, social, and personal spheres, it is quite important to evaluate the impact of inner speech in emotional functioning.

Inner speech is the type of internal verbal activity that takes place when people reflect on experiences, evaluate various events, and direct behavior. It is not the same process, rather several types that have different purposes in psychology. In this case, dialogic inner speech is concerned with reflection and taking perspective and motivational inner speech helps regulate

behavior and control goal-directed action. Such types can be used to explain the emotional response to events.

Emotion regulation is one more psychological aspect related to individual responses to emotionally challenging situations. In this case, there are certain strategies like cognitive reappraisal that involve reinterpretation of the event and expressive suppression that implies managing the manifestation of emotional states. The use of these strategies can differ significantly between young adults. Inner speech is closely connected with emotion regulation because internal dialogue supports processes such as reflection, interpretation of experiences, and behavioural guidance. Dialogic inner speech may assist individuals in examining situations from multiple perspectives, while motivational inner speech may help maintain emotional control through self-directed regulation. Despite these theoretical connections, relatively limited research has examined how specific varieties of inner speech relate to distinct emotion regulation strategies.

Thus, this current study attempts to investigate the association between dialogic inner speech and motivational inner speech and their impact on emotion regulation strategies, namely cognitive reappraisal and expressive suppression among young adults.

There is substantial existing literature on the study of inner speech and emotion regulation; however, most of them have been undertaken in Western countries and not much has been done on young Indians. Considering that emotional expression and regulation differ based on culture, there is a need to conduct such studies in India to extend knowledge of existing literature.

It is evident from literature that young adulthood is an essential developmental period in which one develops strategies to regulate their emotions due to the increasing demands on academia, society, and personal life. Thus, studying the role of inner speech in regulating emotions in this phase may contribute to learning more about self-emotional regulation among university students.

Therefore, the current study attempts to investigate the correlation between various forms of inner speech and emotion regulation strategies among young Indian adults and to ascertain if motivational inner speech is a better predictor of cognitive reappraisal than dialogic inner speech.

## Research Questions

RQ1: What is the nature of the association between dialogic and motivational self-talk with emotion regulation techniques in Indian youths?

RQ2: How is the individual association between varieties of inner speech, dialogic or motivational with cognitive reappraisal and expressive suppression?

RQ3: Which is a more significant predictor of cognitive reappraisal, dialogic self-talk or motivational self-talk, among Indian youths?

## Literature Review

### *Inner Speech and Its Role in Self-Regulation*

The concept of inner speech constitutes an essential aspect of internal cognition, where people engage in thinking about circumstances, controlling actions, and regulating their cognitions and emotions. Inner speech is more than a mere reiteration of outer language but serves as an active psychological process aiding self-control and action-oriented behaviors (Morin, 2024). The early studies by Lev Vygotsky recognized inner speech as a development of social communication, which involves a process of internalizing outer communication and forming a major part of higher cognitive activity (Vygotsky, 1987).

More recent approaches recognize inner speech as a multi-faceted construct that involves several different types of activities with varying structures and purposes (Alderson-Day & Fernyhough, 2015; Grandchamp et al., 2019). Since people commonly depend on internal speech when making sense of events and controlling their actions, inner speech constitutes an essential element in promoting emotional regulation.

### *Varieties of Inner Speech*

A number of varieties of inner speech have been discovered, each of which serves particular psychological roles. Evaluative or motivational inner speech constitutes an essential type that aids in behavioral control and executive processes and serves as a predictor of performance on tasks involving conflict resolution (Rosen et al., 2018). Nevertheless, the

variations in evaluative or motivational inner speech might have differential effects on cognitive processes among different populations (Ren et al., 2016).

Furthermore, it is necessary to draw attention to the distinction between positive-regulative and negative self-talk. Positive-regulative inner speech is linked to psychological adjustment, low rates of anxiety, depression, and distress, whereas negative self-talk is linked to maladjustment and low self-respect (Calvete & Cardeñoso, 2002; Chohan, 2022).

Dialogic inner speech can be considered an adaptive type of inner dialogue whereby an individual talks to himself/herself like they would do in an actual conversation. As a result, interpersonal inner communication becomes a way of reflecting the dynamism of the internal process and is considered among typically developing individuals and patients (Lefebvre et al., 2022; Rosen et al., 2018).

These variations in inner speech underscore the significance of researching particular forms of internal speech rather than focusing on inner speech as a monolithic concept.

### ***Emotion Regulation Strategies***

Emotion regulation may be described as a set of mechanisms by which people exert an influence on how their emotions are experienced and expressed (Gross & John, 2003). According to current perspectives, emotion regulation includes both voluntary and involuntary mechanisms that are tightly connected with self-regulation capabilities in general (Butler, 2011).

Some of the most studied forms of emotion regulation include reappraisal and suppression of emotional expression. Cognitive reappraisal entails altering one's interpretation of the events in order to modify the resulting emotions and is linked to positive psychological consequences such as lower levels of distress and better well-being (Cutuli, 2014; Wang et al., 2022). At the same time, suppressions of emotional expression involve inhibiting external manifestations of emotions following the elicitation of an emotion and are known to lead to less favorable psychological effects, including higher physiological arousal and impaired recall of emotionally charged events (Vanderhasselt et al., 2013).

### ***Relationship Between Inner Speech and Emotion Regulation***

Inner speech and its connection to emotion regulation is one of the areas of interest within psychology. In particular, the latter acts as a major element in the self-regulation process and helps in managing emotions, attention, and problem solving.

First of all, the use of linguistic distancing, which implies changing the perspective of internal talk from first to non-first person, improves emotion regulation and alleviates emotional distress (Shahane & Denny, 2019; Kross et al., 2014; Nook et al., 2024). In addition, analysis of the effects of various types of inner speech shows that motivational inner speech can act as a moderator of the link between personality traits and cognitive reappraisal (Albein-Urios et al., 2020).

On the contrary, unhealthy types of inner speech for example, rumination cause prolonged activation of the stress response and lead to worse psychological consequences (Watkins, 2008). Overall, one can say that the impact of internal speech on emotion regulation largely depends on the variety used.

### ***Cultural Context and Research Gap***

The choice of regulation strategies and their effectiveness are strongly linked to cultural orientation and the necessity for social balance in emotion display, which is especially prominent in collectivist cultures (Crowe et al., 2012).

Previous research compared Indians and Westerners in terms of coping with intense emotional experiences, showing that Indian people were more inclined to utilize cognitive reappraisal strategies (Mehta et al., 2017). Additionally, Indian youth face significant social and academic stress factors influencing their emotions. This age group requires adaptive emotion regulation due to its developmental characteristics (Parikh et al., 2019). It is also known that emotional regulation difficulties correlate with decreased mental health among Indian adolescents, making this topic even more relevant (Devi, 2023).

Although extensive work has been done in relation to various forms of inner speech and different emotion regulation techniques, the empirical research exploring the connection between the forms of inner speech and emotion regulation techniques amongst Indian young adults is yet to be established. This study aims at addressing this research gap through exploring the connection between dialogic inner speech and motivational inner speech and emotion regulation techniques.

## **Methodology**

### ***Aim***

The present study aimed to investigate the relationship between dialogic inner speech and motivational inner speech with emotion regulation strategies such as cognitive reappraisal and expressive suppression among Indian young adults.

### ***Objectives***

1. To assess the correlation between dialogic inner speech and motivational inner speech and cognitive reappraisal
2. To assess the correlation between dialogic inner speech and motivational inner speech and expressive suppression.
3. To test whether motivational inner speech predicts cognitive reappraisal better than dialogic inner speech

### ***Hypotheses***

The hypotheses of the study have been formulated based on the stated objectives and previous studies in the field as follows:

1. Both dialogic and motivational inner speech will show a positive correlation with cognitive reappraisal
2. Both dialogic and motivational inner speech will show a negative correlation with expressive suppression
3. Motivational inner speech will be a better predictor of cognitive reappraisal than dialogic inner speech

### ***Research Design***

The current research used a quantitative cross-sectional correlational research design to establish the relationship between types of inner speech and emotion regulation strategies employed by young adults in India. The research design was deemed appropriate since it allowed the examination of relationships between variables without manipulation.

### ***Sample***

This research comprised 384 young adults between the ages of 18 and 25 years selected from higher education settings through the use of convenient sampling. These participants were college and graduate students enrolled at universities. The selected age group is significant in the context that it marks a crucial period of development marked by an increase in the use of internally regulated emotions and cognitive processes.

Only individuals whose ages ranged between 18 and 25 and who were also enrolled in higher education were considered for inclusion in the research. Otherwise, individuals aged less than 18 years and above 25 were excluded from the study.

### **Measures**

#### ***Varieties of Inner Speech Questionnaire***

Varieties of Inner Speech Questionnaire (VISQ), developed by McCarthy-Jones and Fernyhough (2011). The scale includes 18 questions that are meant to capture different phenomenological features of inner speech, and the dialogic and evaluative/motivational inner speech were chosen to be included into the analysis. The VISQ has satisfactory internal consistency, as can be demonstrated by Cronbach's alpha coefficients .83 for dialogic inner speech and .80 for evaluative/motivational inner speech, as well as adequate test-retest reliability between .61 and .80. Construct validity was found in factor analytic studies.

#### ***Emotion Regulation Questionnaire***

The use of emotion regulation strategies was analyzed by the Emotion Regulation Questionnaire (ERQ) developed by Gross and John (2003). The ERQ is made up of 10 questions, with 6 measuring cognitive reappraisal and 4 measuring expressive suppression. The scale shows high internal consistency, with Cronbach's alphas for cognitive reappraisal

between .75 and .82 and for expressive suppression between .68 and .76, and test-retest reliability of .69 within three months. The results of factor analysis suggest that the scale measures two factors, and it exhibits high convergent and discriminant validity.

## **Procedure**

The data collection process entailed the use of a structured survey conducted in one sitting on young adults aged between 18 and 25 years. Participants were told why the research was being conducted and asked for their consent before being involved in the study. The questions were divided into three parts: first, the demographic part and second, the VISQ and then ERQ questions. Participants participated voluntarily, and their answers were treated confidentially throughout the study period.

## **Statistical Analysis**

Data collected was statistically analyzed by employing SPSS statistical package. Descriptive statistics were calculated to describe the attributes of the study variables. Pearson correlation analysis was performed to test associations between dialogic inner speech, motivational inner speech, cognitive reappraisal and expressive suppression. Additionally, multiple regressions were conducted to test which variable among motivational and dialogic inner speeches is a better predictor of cognitive reappraisal.

## **Ethical Issues**

Ethical issues have been kept into account in conducting this research. The study was completely voluntary, and the subjects gave their informed consent before being asked questions. Participants were assured that their data would be kept confidential and would be used strictly for academic purposes. They were also informed that they could leave the study at any stage without facing any repercussions.

## **Results**

The results presents the findings obtained through the application of statistical analyses carried out for the purpose of establishing the linkages that may exist among dialogic inner

speech, motivational inner speech, and emotion regulation strategies among young adults from India. Specifically, statistical tests applied to analyze the collected data include: descriptive statistics aimed at characterizing the variables used in the research; Pearson correlation coefficients for exploring associations among varieties of inner speech and emotion regulation strategies; multiple regression analysis as an attempt to find out whether dialogic and motivational inner speech predicts cognitive reappraisal.

<b>Characteristics</b>	<b>Category</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Age (in years)</b>	18	21	5.5
	19	23	6.0
	20	32	8.3
	21	48	12.5
	22	87	22.7
	23	80	20.8
	24	38	9.9
	25	55	14.3
<b>Education</b>	Undergraduate	193	50.3
	Postgraduate	191	49.7
<b>Enrolled as Student</b>	Yes	332	86.5
	No	52	13.5
<b>Socioeconomic Status</b>	Upper	130	33.9
	Upper Middle	195	50.8
	Upper Lower	41	4.7
	Lower Middle	18	10.7
	Lower	0	0

**Table 1**

*Demographic Characteristics (N = 384)*

Table 1 shows the demographic characteristics of the study subjects. The age category comprised 18-25 years, where the 22-year-old category formed the highest percentage (22.7%), followed by those aged 23 years (20.8%) and 25 years (14.3%). Gender comprised an equal distribution of 192 females (50%) and 192 males (50%). As regards educational qualification, 193 subjects (50.3%) had the undergraduate level, while 191 subjects (49.7%) had postgraduate level. The enrolment status showed that the majority (86.5%) was enrolled as students, while 13.5% were non-students. In regard to socio-economic class, the highest percentage (50.8%) was upper-middle, followed by upper (33.9%), lower-middle (10.7%), and upper-lower (4.7%). There were no participants classified as lower socioeconomic class.

**Table 2**

*Descriptive Statistics (N = 384)*

	<b>Mean</b>	<b>Std. Deviation</b>
<b>Dialogic Inner Speech</b>	4.168	1.086
<b>Motivational Inner Speech</b>	4.346	1.089
<b>Cognitive Reappraisal</b>	4.483	1.300
<b>Expressive Suppression</b>	4.087	1.334

**Table 3**

*Pearson correlations among varieties of inner speech and emotion regulation strategies among Indian young adults (N = 384).*

<b>Variable</b>	<b>Dialogic Inner Speech</b>	<b>Inner Motivational Inner Speech</b>	<b>Cognitive Reappraisal</b>	<b>Expressive Suppression</b>
<b>Dialogic Inner Speech</b>	—			
<b>Motivational Inner Speech</b>	0.680**	—		
<b>Cognitive Reappraisal</b>	0.233**	0.301**	—	

<b>Expressive Suppression</b>	0.120*	0.174**	0.441**	—
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*Note: \*p < .05, \*\*p < .001*

Table 3 shows the results of the Pearson Correlation Analysis, it was found that there was a significant and positive relationship between dialogic inner speech and motivational inner speech ( $r = .680$ ,  $p < .001$ ). Also, it was revealed through further analysis that dialogic inner speech has a significant and positive relationship with cognitive reappraisal ( $r = .233$ ,  $p < .001$ ), and expressive suppression ( $r = .120$ ,  $p < .05$ ). On the other hand, motivational inner speech is significantly and positively related to cognitive reappraisal ( $r = .301$ ,  $p < .001$ ) and expressive suppression ( $r = .174$ ,  $p < .001$ ). Moreover, cognitive reappraisal is significantly and positively related to expressive suppression ( $r = .441$ ,  $p < .001$ ).

**Figure 1**

*Correlation Matrix Heatmap*

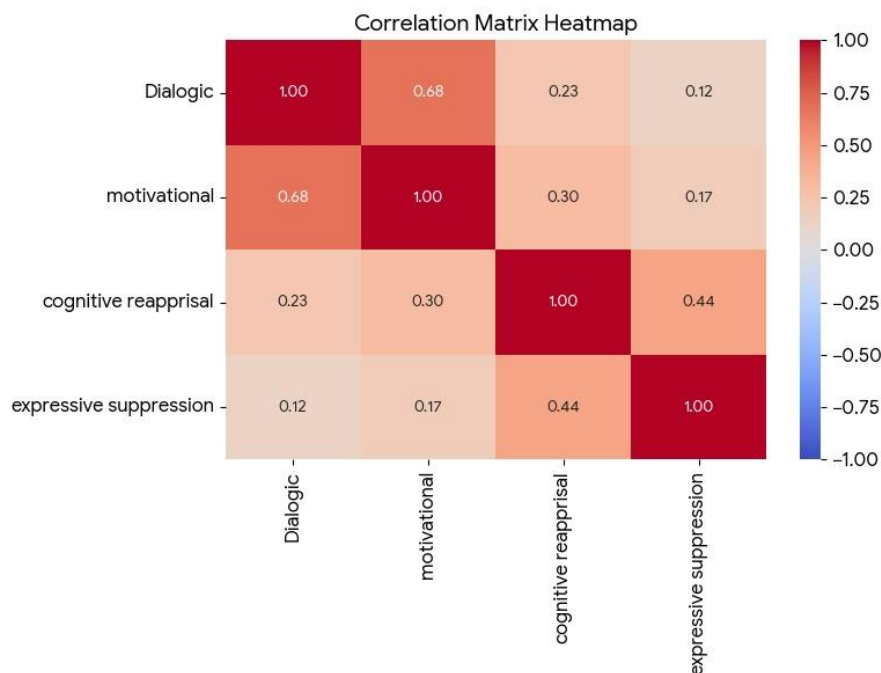


Figure 1 shows the heatmap of the correlation matrix of dialogic inner speech, motivational inner speech, cognitive reappraisal, and expressive suppression. There is a high positive correlation between dialogic inner speech and motivational inner speech ( $r = .68$ ); however, there is a low positive correlation between dialogic inner speech and cognitive reappraisal ( $r = .23$ ) and expressive suppression ( $r = .12$ ). On the other hand, motivational inner

speech has a moderate positive correlation with cognitive reappraisal ( $r = .30$ ) and a low positive correlation with expressive suppression ( $r = .44$ ).

**Table 4**

*Multiple regression analysis predicting cognitive reappraisal from dialogic and motivational inner speech among Indian young adults (N = 384).*

Predictor	B	SE	$\beta$	t	p
Constant	2.845	.279	—	10.211	.000
Dialogic Inner Speech	.065	.080	.054	.812	.417
Motivational Inner Speech	.315	.079	.264	3.964	.000

*R = .303, R<sup>2</sup> = .092, Adjusted R<sup>2</sup> = .087, F (2, 381) = 19.281, p < .001*

Table 4 shows results obtained from the multiple regression analysis, it was observed that the overall model for predicting cognitive reappraisal using dialogic inner speech and motivational inner speech by the Indian young adults (N=384) was statistically significant ( $F(2,381) = 19.281, p < .001$ ), accounting for 9.2% of variance ( $R^2 = .092$ ; Adjusted  $R^2 = .087$ ). In addition, it was discovered that motivational inner speech was a significant and positive predictor of cognitive reappraisal ( $\beta = .264, p < .001$ ). On the other hand, it was seen that dialogic inner speech did not predict cognitive reappraisal ( $\beta = .054, p = .417$ ). This implies that motivational inner speech is more strongly predictive of cognitive reappraisal.

**Figure 2**

*Regression Relationship Between Motivational Inner Speech and Cognitive Reappraisal*

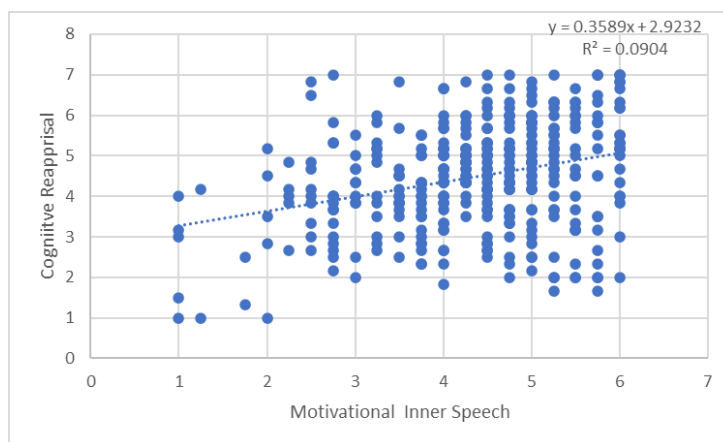


Figure 2 presents the regression analysis between motivational self-talk and cognitive reappraisal in young adults. The scatter plot suggests a positive correlation between the two

variables, implying that increased motivational self-talk leads to an increase in cognitive reappraisal. The regression analysis accounts for about 9% of the variance in cognitive reappraisal ( $R^2 = .090$ ).

### Figure 3

*Regression Relationship Between Dialogic Inner Speech and Cognitive Reappraisal*

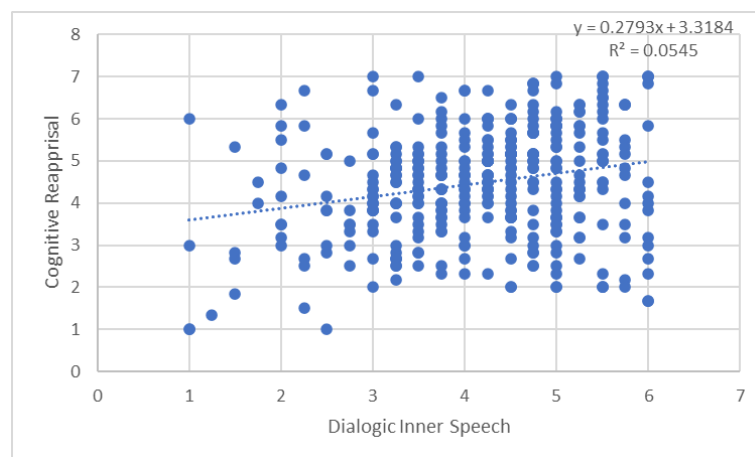


Figure 3

provides a regression analysis on the association between dialogic inner speech and cognitive reappraisal in young adults. From the scatter diagram above, there is a positive trend between the two variables, implying that the more an individual experiences dialogic inner speech, the more he/she practices cognitive reappraisal. The explained variance between the variables is about 5% ( $R^2 = .054$ ).

### Discussion

The present study aimed to investigate the association between the forms of inner speech, particularly dialogic and motivational inner speech, and emotion regulation strategies among young adults in India, especially cognitive reappraisal and expressive suppression, and to determine whether motivational inner speech was a better predictor of cognitive reappraisal than dialogic inner speech. The current study adopted a quantitative cross-sectional correlational research approach. Data were obtained from a sample size of 384 young adults using self-report measures, comprised of the varieties of inner speech questionnaire (McCarthy-Jones & Fernyhough, 2011) and the emotion regulation questionnaire (Gross & John, 2003). As inner speech plays an essential role in reflection and regulation of behavior (Alderson-Day & Fernyhough, 2015; Morin, 2008) and emotion regulation is the process of managing emotions by employing strategies like cognitive reappraisal and expressive

suppression (Gross, 1998), investigating the relationship between the two variables helped understand the cognitive processes involved in emotion regulation among young adults.

First hypothesis proposed that there both dialogic and motivational inner speech will show a significant positive relationship with cognitive reappraisal. These hypotheses were found true since there was a significant positive relationship between dialogic inner speech and cognitive reappraisal ( $r = .233, p < .001$ ) and also motivational inner speech and cognitive reappraisal ( $r = .301, p < .001$ ). This can be supported by the study conducted by Alderson-Day & Fernyhough (2015) where it is stated that dialogic inner speech enables one to process things reflectively and adopt perspectives which make him better in his adaptive reinterpretation of emotionally meaningful events. Additionally, according to Brinthaupt et al. (2009), motivational inner speech involves monitoring and regulating behaviour. Thus, it can be concluded from the findings presented above that people who have tendencies to monitor their own thoughts and use self-talk in the process of making sense of certain emotional events are better at using cognitive reappraisal strategies.

The second hypothesis tested whether there was a significant negative correlation between dialogic and motivational inner speech and expressive suppression. As opposed to the second hypothesis, there was no significant negative correlation between dialogic inner speech and expressive suppression ( $r = -.031, p > .05$ ). In addition, there was no significant negative correlation between motivational inner speech and expressive suppression ( $r = -.062, p > .05$ ). There was no significant correlation between different types of inner speech and expressive suppression. Expressive suppression refers to an emotion regulation technique whereby the individual controls the manifestation of emotions after they have occurred (Gross & John, 2003; Richards & Gross, 2000). Unlike cognitive reappraisal, which entails changing one's emotional reaction by changing how he/she thinks about the situation before it becomes emotionally activating, expressive suppression is a behavior technique where the individual controls the expression of his/her emotions when expressed. This shows that expressive suppression is less reflective than cognitive reappraisal.

The third hypothesis proposed that motivational inner speech would serve as a stronger predictor of cognitive reappraisal than dialogic inner speech. The findings supported this hypothesis, as regression analysis indicated that motivational inner speech emerged as a significant predictor of cognitive reappraisal, whereas dialogic inner speech did not significantly contribute to the prediction model when both predictors were examined

simultaneously ( $\beta = .054, p = .417$ ). Motivational inner speech involves directive and evaluative internal statements that support behavioural self-guidance and persistence in goal-directed activity and strengthens regulatory control during emotionally demanding situations (Brinthaupt et al., 2009). Its stronger predictive role in the present study highlights the importance of action-oriented internal dialogue in facilitating reinterpretation of emotionally significant experiences among young adults.

In relation to expressive suppression, it was found that the relationship between different forms of inner speech and expressive suppression was considerably weaker compared to that which was found with cognitive reappraisal. In essence, the finding showed that there may be a greater connection between inner speech and antecedent-focused emotion regulation than response-focused emotion regulation that involves controlling emotions already generated and preventing the emotional expression from happening through expressive suppression. Similar conclusions regarding the relationship between cognitive reappraisal and internal emotion regulation have also been made before (Gross & John, 2003; Richards & Gross, 2000).

It is worth highlighting that the results obtained in the present research are especially relevant to the Indian cultural environment. Research on inner speech and emotion regulation has predominantly been done with Western populations. The present study thus provides new insights on the relationship between these psychological concepts and mechanisms in an Indian environment. It should be noted that the influence of cultural background on emotional expression and behavior can be quite significant.

## **Theoretical Implications**

The findings obtained in the present research have contributed to the theoretical understanding of the multifaceted aspects of inner speech as a cognitive tool for emotional regulation. The separate studies on dialogical and motivational inner speech have demonstrated that each type of inner speech plays an important role in the processes of emotion regulation. In particular, it has been found out that motivational inner speech is a more efficient predictor of cognitive reappraisal than dialogical inner speech. Therefore, the present research has provided more detailed information on the role of inner speech in emotion regulation (Morin, 2008; Alderson-Day & Fernyhough, 2015).

## **Practical Implications**

In addition, the findings obtained from the present research also possessed certain applied value regarding the maintenance of the psychological well-being of young adults. Since motivational inner speech proved to be a more predictive factor compared to the others, it would be reasonable to suppose that creating conditions for self-dialogue could lead to positive outcomes concerning the development of emotional regulation techniques. Thus, the findings could prove to be particularly useful in educational and counseling settings, which require self-regulation strategy building for young adults.

### **Limitations of the Study**

The present study offered some interesting results regarding the relationships between various forms of inner speech and emotional regulation strategies used by young Indians, however, it has certain limitations that should be considered while interpreting findings.

First of all, the current study was conducted within the framework of cross-sectional research; therefore, it was impossible to establish any causal relationships between investigated variables. Indeed, although some correlations between variables were observed, their direction could not be determined.

The second limitation of the conducted research was associated with the technique for recruiting participants. The participants for the current study were recruited according to the criteria of convenience sampling. The participants had to be college students aged between 18 and 25. Indeed, bearing in mind the subject matter of this research, the recruitment process might be deemed appropriate but its generalizability is questionable.

Finally, self-report instruments were used to assess the level of inner speech and emotion regulation strategies in participants. While VISQ and ERQ scales are widely used in the field of psychology and can provide useful information about the participants' experience, the results of such assessments may be biased due to possible manipulation with responses. The last issue concerning the present research is connected with the examination of only two types of inner speech: dialogical and motivational. Taking into account the fact that inner speech is a multicomponent construct, more types should have been considered.

### **Future Directions for Research**

Further studies can address the weaknesses in this research through the use of longitudinal study designs whereby the effect of different varieties of inner speech on the development of emotion regulation strategies is tested. This is expected to shed light on the causality and directionality in the relationship between inner language and emotion regulation strategies.

Another way that future research can make a breakthrough in the field is by conducting their studies on samples that are bigger and diverse in nature by incorporating participants from various educational and occupational backgrounds to improve the external validity of the findings.

Furthermore, another area where further research can contribute to the existing knowledge is in investigating other varieties of inner speech apart from the dialogic and motivational varieties in order to give a broader view of how inner speech affects the formation of emotion regulation strategies.

In addition, future researchers can conduct studies to explore the relationship between varieties of inner speech and general psychological functioning with regard to stress regulation, emotional well-being, and coping strategies. By doing so, psychologists will be able to add applied value to studies on inner speech in psychology.

## **Conclusion**

This current study examined the association between various forms of inner speech, specifically dialogic inner speech and motivational inner speech, and emotion regulation strategies among young Indian adults. The results reveal that both forms of inner speech were positively associated with cognitive reappraisal, showing that inner speech is an integral part of adaptive emotion regulation. Furthermore, a stronger association was established between motivational inner speech and cognitive reappraisal compared to dialogic inner speech, indicating that motivational inner speech plays a particularly important role in emotion regulation via cognitive reappraisal of emotion-evoking stimuli. At the same time, fewer associations were established between various forms of inner speech and expressive suppression, demonstrating that inner speech may be more related to antecedent-focused than response-focused strategies of emotion regulation. In summary, the current study highlights the importance of inner speech in emotion regulation among young Indian adults.

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## Appendix

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