

## #2 “Talking to Yourself”

### *What’s the value of these exercises?*

Our offline exercises follow key principles of disciplines such as Cognitive Behaviour Therapy (CBT), Coaching, and Neuro-Linguistic Programming (NLP), all of which focus on the person taking responsibility within their own process.

The more your inner self, your subconscious, recognises its own role in the change you’re making - and the more it feels it has control over that change, the deeper and longer-lasting that change will be.

**1** The first purpose of “Talking to Yourself” is to take your subconscious through a ‘myth-busting’ exercise, challenging whether those ‘reasons why not’ are really valid.

**2** The second purpose is to remind yourself of all that you have going for you, all the things you’re capable of and all the things you have to celebrate in life, big or small.

**3** The third purpose is to talk to a part of yourself and ask why it does what it does - almost as a loving parent might talk to a child or a teen - and to start the process of understanding and acceptance of change.

Nothing here is set in stone. It’s important to approach these exercises with flexibility and to ‘find your own way’.

You’ll make discoveries as you go through the process and you may find it useful to revisit these exercises from time to time in the course of your programme.

You might enjoy listening to the programme  
**“Really? That’s What It’s All About?”**  
to help get in the zone for these exercises!

# Myth-Busting

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*You may find this exercise demanding, rewarding and fun - all at the same time!*

Familiar with that inner voice that always finds 'reasons why not'? The time has come to challenge these as the myths they almost always are....

These myths usually arise from one of three sources:

- Things
- People
- Self

Take time to identify and describe your myths - and then the ways they can be turned around or the reasons they aren't actually true.

No "Ifs" or "buts". For example, if you learnt to do something complex such as to read or to ride a bike or to tie your shoelaces as a child, then - **yes!** - you can do 'stuff'!

## Things

Your inner voice might tell you that things in your environment or circumstances in your life prevent you from doing things.

So be creative. How are you going to get around these things? What can you change in your behaviour? What new things can you try?

## People

Your inner voice might tell you that other people won't allow you to be who you want to be.

Are you right about this? And if you are, have they any right to stop you? Is what they want more important than your happiness?

## Self

Your inner voice might tell you that you can NEVER do stuff like this, that you have NEVER succeeded at anything and NEVER will.

Really? So you've spent your whole life incapable of doing things? How do you function? How come you're so different to everyone else?

# Celebrations, Big & Small

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*It's recommended that you do this simple, but impactful exercise every day, whether you're in the course of a programme or not!*

- Because we're wired to the negative, too often we forget or undervalue both the things that ARE good about ourselves and the things that we should be grateful for.
- The more we remind ourselves of even the small things (for example, making someone smile when they're having a tough day at work) the more we reassure ourselves of positive possibilities in life, and the less dramatic the negatives seem.
- You might find it interesting to 'step out of yourself' and write these sections as if looking at yourself from a different point of view - from the viewpoint of someone whose opinion you trust and respect!

## *Positive Affirmations*

Don't be shy, don't be falsely modest!

There are things that you know are good about you, there are things that you're good at.

Remind yourself of the top five, right here and now.

- 1) I am / I can...
- 2) I am / I can...
- 3) I am / I can...
- 4) I am / I can...
- 5) I am / I can...

## *Things to Be Grateful For*

Don't be over cynical, allow your naive side to express itself if necessary...

Whether big or small, there will be things in your life that are advantages or that it would be hard to do without.

Remind yourself of the top five, right here and now.

- 1) I am grateful for / about...
- 2) I am grateful for / about...
- 3) I am grateful for / about...
- 4) I am grateful for / about...
- 5) I am grateful for / about...

# Beliefs and Consequences

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*You may find yourself coming back to this one a few times during the course of your programme!*

**Here's the logic:** if you really want to change something in your life, then...

- There must be a part of you that doesn't want that change, or wants to keep things as they are.
- If the change you want makes sense, then the part that doesn't want to change has strong *emotional* reasons to keep things as they are. Emotion almost always triumphs over logic.
- No matter how perverse this may seem, that part of you thinks it's working hard for your own good! And it's putting a lot of energy into this!

So now you may want to ask that part of yourself to answer the questions that follow as instinctively (and honestly!) as possible:

- What will you gain if things change?
- What will you gain if things stay as they are?

Now answer these questions::

- What will you actually *lose* if things change?
- What will you *lose* if things stay as they are?

**Finally:**

- What do you now want to say to this part of yourself (as if an adult talking supportively to a teen or a child)?
- What advice can you give it? What truths can you tell it?