

SELF TALK

As a Life Coach I believe you have your own best answers, but chances are you haven't been asked the questions that might set you in a direction that fulfills you. If you have poor self-belief, then you'll have negative self-talk as a constant chattering away in your head.

You'll probably feel weary, overwhelmed at times and more often than not, isolated and lonely.

So, what do you need to know about **SELF TALK**?

Your self-talk, when you lean in and listen, either supports you or sabotages you. You either feel aligned, powerful & resourceful or you feel angry, hurt or frustrated.

Constant negative self-talk can result in unnecessary stress, anxiety, depression, self-doubt, poor self-belief and low self-esteem while positive self-talk encourages effective coping, self-confidence, alignment to your BE-ing and a better feeling of well-being. You feel powerful and resourceful.

To start the change of negative self-talk you can ask yourself these questions.

- Is the way that I'm thinking helping me in my life or is it hindering me?
- Is my self-talk helping to build me up or is it tearing me apart?

To start the change, you will need to think of a time when you experienced negative thoughts (ones that really hindered). Journaling is awesome here. Journaling helps for

you to see the words that you use constantly and the feelings that come with the words you choose. That's self-awareness right there. And when you click in to self-awareness then your world starts to change. So back to the questions...

- a) What was the situation where you found the negative self-talk was bad?
- b) How did it make you feel?
- c) What did you do?

Using the questions below go through each one and write an answer.

- Is this thought helpful? If it isn't what's a healthier thought?
- What would you say to a friend in the same situation? Can you follow the same steps if it brings a more positive outcome?
- What evidence that what I'm thinking is actually true? What's the evidence against it?
- Is there another way of looking at the situation and can you derive a different answer from that?
- What is the best outcome I can think of?

Once you start challenging your thoughts, there is a way you can change your self-talk.

- 1) Challenge the thought (using the questions above)
- 2) Catch the thought (start recognizing when you are having negative thoughts)
- 3) Control it. Imagine your thought is like a radio and you have the power to turn that volume right down. This can

immediately stop that spiral of thoughts that lead to sadness, guilt, anxiety etc.

- 4) Change the thought by relaying more positive messages to yourself which can bring about more powerful and positive outcomes. Use affirmations for this.
- 5) Take notice of when you do change a negative thought into a positive one and the feeling you have and what the outcomes was like when you did this.

It's more than likely you need some great support for different outcomes and I'd love to be alongside you in a different way as you move to change what is speaking to you in your head but needs to be pulled into your heart so that change can occur.

How great would it be to be the captain of your own ship? That you can create new beliefs, modify beliefs that step you into full alignment and challenge old ideas and beliefs that no longer serve you?

Now if you've had that powerful realization that you are the creator of your own negative self-talk and you really want to make some powerful and permanent changes then my ['STEPPING INTO POSITIVE SELF BELIEF'](#) course is just for you.

Take a look at the overview to see if what I offer resonates with you.

Tracy x