



## My Words Create My World

Watch the replay of our November 2018 Sisterhood Chat here:

<https://youtu.be/r9YcP6ofCj4>

The 3 step process below will help you identify unhelpful thought patterns and experiment with new ways of speaking to yourself. In addition to this 3-step process, take all that you become aware of to the Lord; the negative thoughts you've become aware of, the unhelpful things you say to yourself or others, the habits of emotion you now see more clearly.

Ask Him to shine His light and reveal any darkness or untruths that are present in your self-perception and self-dialogue. Claim the truth of who you are, which is Beloved child of God! Say that to yourself, "I am a beloved child of God. God loves ME!"

### Three Steps:

Step #1: Become aware of the habits of speech in your inner dialogue.

Take time each day (on your car ride, at lunch, at the end of the evening) to listen within and make note of what you tell yourself:

- about who you are (i.e.: I am a mess, I am so stupid, I am not creative)
- about your relationships, such as marriage, parenting, siblings, co-workers, etc. (i.e.: he always..., she never..., why can't they just...)
- about your circumstances (i.e.: this is so hard, I'm struggling, this is just the way it is)

Especially note the words you attach to "I am" and "my."

Step #2: Notice how you feel as you speak those words to yourself. Notice what happens in your body after you've claimed "mess" or "stupid" or "struggle." Write down what you are aware of feeling or experiencing.

Step #3: Experiment with different words, noticing how each feels. For example, when I hear myself say, "I am so stupid," I notice that I feel constricted and tight. I can experiment with other ways to speak to myself that are expansive and forward focused, such as "That choice didn't lead to the outcome I had in mind. Where do I want to go from here?"

The first leads my brain to a conclusion of: "this is just the way it is" (I'm so stupid). The other is detached, separating my behavior from my identity, and helps me move forward rather than staying stuck.