

Self-Talk Worksheet

Before you can start to evolve, you need to be clear about where you are starting. As you work through this exercise, try not to edit or “improve”. Try to be as true and “raw” as possible.

While this isn't designed to be an exercise in beating yourself up, we want to do our best to get to the real dialogue in your mind.

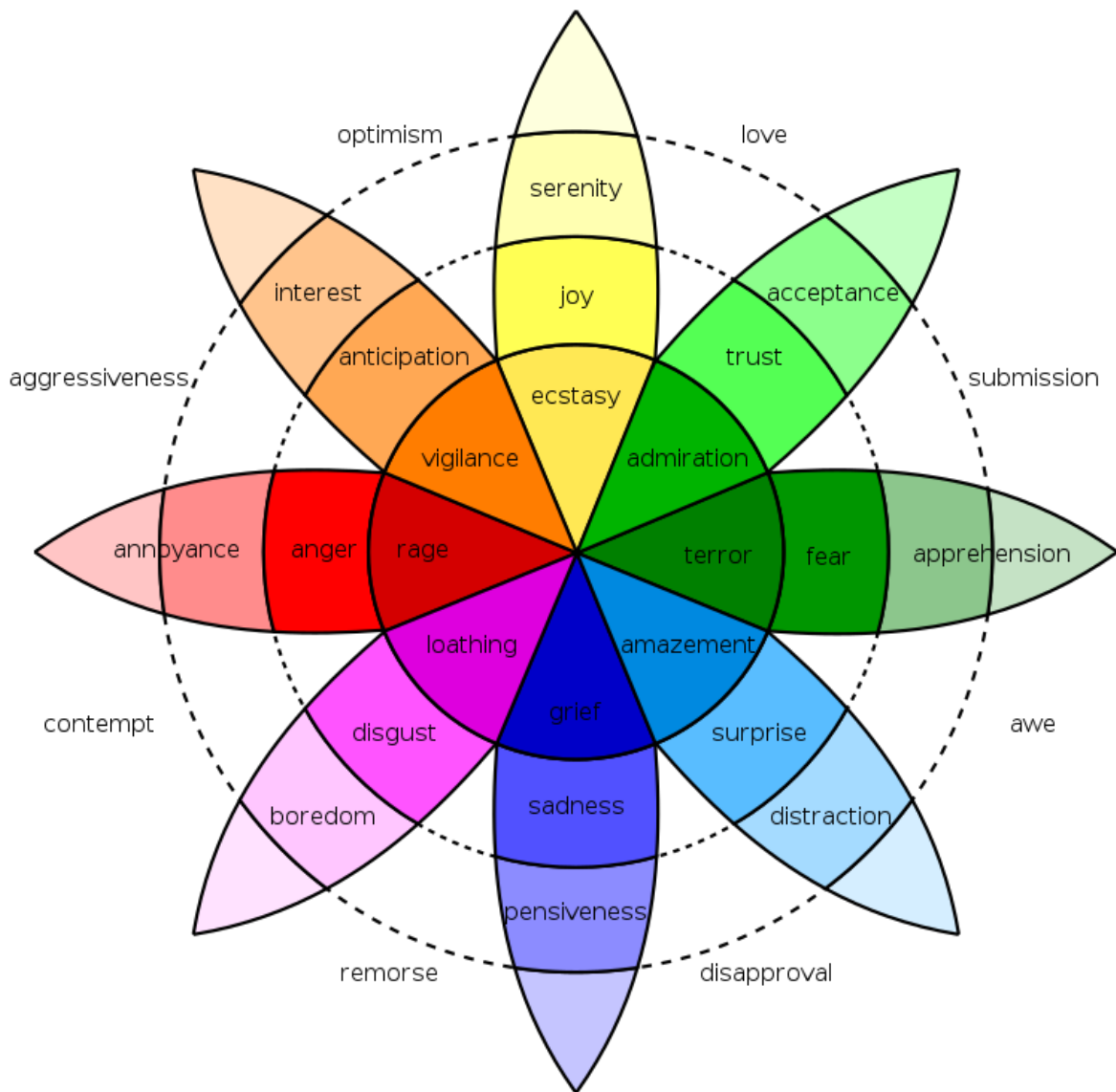
Follow the following steps:

Think of a struggle you've had in the last few weeks. It can be a mistake you made, a conflict with your partner, a “failure” to accomplish something or any other difficulty.

Allow yourself to settle into that memory. Maybe close your eyes if that helps.

Try to conjure the emotion you were experiencing in the moment. Use the feeling wheel below to help zero in on the emotion. Take your time and allow yourself to get clear on what you're feeling.

A powerful way to find the feeling is to do a body scan. Start at the top of your head and scan down to your toes, paying attention to what you may be feeling in each area. For example, *I may be recalling embarrassment and realize I experience it in my face. Or I may be remembering nervousness and locate it in my belly.*



Once you have identified the emotion sit with it for a moment and watch it from a place of curiosity. The emotion is neither good nor bad. It has no innate meaning. It's simply a vibration in your body. There is no hurry here...take your time and sit with the emotion.

Now explore your mind for the thought that immediately preceded the emotion. It may be tricky to find, but I guarantee it's there. Again, just explore from a place of curiosity.

The thought we are looking for is a sentence.

The first thing you find is likely a theme. If that's what you've found, allow yourself to go deeper.

Example:

I'm remembering a conflict I had with a coworker. It left me feeling anxious. I find the anxiety in my belly and sit and watch it. Then I start looking for the thought and find "Wow, I'm really jumpy" or something similar. This is the theme. We want the actual sentence. So we keep looking and find "People always attack me" or "I just don't fit in here" or "I must be really difficult to get along with".

Now look at those 3 examples and notice how they could easily create anxiety (or maybe something else for you).

Clearly, thoughts like the ones in the example are not serving you. What thoughts do you have that are not serving you?

Now we are going to create a powerful replacement thought.

What would you like to feel in that situation instead?

What thought would create that feeling?

Continuing our example: *Instead of anxiety I want to feel "Calm". So I'll replace the thought that doesn't serve me with one that does. Try on a few thoughts and see if they create the target feeling. Maybe replace "I don't fit*

in here” with something like “I’m competent at my job, respectful of my colleagues and consistently do my best”. Or maybe something like “I’m focused on doing me and I never take responsibility for the emotions of others”. How does that feel? Certainly less anxious and more empowered...maybe even calm. If the thought isn’t quite powerful enough keep iterating until you really feel it.

Summarizing the Steps:

1. Imagine an uncomfortable, challenging or unpleasant recent experience.
2. Notice the emotion present in that experience.
3. Locate the thought that created the emotion.
4. Decide on a new feeling.
5. Create powerful new thought that creates that feeling.

Situation:

Starting Emotion:

Starting Thought:

Desited Emotion:

New Though:

Repeat this process 3 or 4 times to create several powerful thoughts. You may want to take examples from various life domains (professional, relational, spiritual, physical, emotional, etc.). Hold onto these new thoughts because we are going to use them later.