

Changing Your Negative Self Talk

When you are experiencing negative self talk (self-critical mental chatter), rather than trying to argue with yourself over the content of your thoughts, deal with the process.

This means focusing on HOW the voice in your head says things, not WHAT it says. Identify a topic you often experience your inner voice berating you about. What does it say? Imagine this voice in your head now... the one that harasses or nags you.

Where is it located?

Inside your head and body?

Outside? In front, in back?

Close to you or far away?

In what direction is it pointing?

Toward or away?

Now, imagine the voice is pointing away (if it had been pointed toward you). Try moving it away from you. Try different locations or distances.

How does it feel when it talks to you now?

Next ask yourself, what does it sound like?

Is it your voice?

Someone else's?

What tone?

Loud or soft?

Change the voice to something funny or your favorite cartoon or movie character (such as Yoda or Sylvester Stallone or Bugs Bunny). How does it feel now?

Next, ask yourself what is the voice saying? Condense it down to a 3 to 7 word sentence.

1. Put it aside for a minute... and instead think of a piece of inspiring music. Maybe something classical, such as the Halleluiah chorus. You can experiment with different songs.
2. Now sing the sentence your inner voice says to you along with the melody of the song you have chosen.
3. Sing it really loud (in your head or out loud).
4. How does it feel now?

By changing the structure of your inner voice, the self-talk no longer has as much of an effect on you. Next time you catch yourself being self-critical or arguing with yourself in your head, utilize these tricks of moving the voice, changing the voice, or putting its message to music!

This is just one step in the coaching process with Deanna Byrne. If you would like to schedule a complimentary call to discuss how coaching can help you email info@deannabyrne.com

A 45 minute call will outline our process and expectations.