

Find the Courage

THE SCIENCE BIT

Where does this inner voice come from?

It usually comes from our early life experiences which we process and take in as ways to think about ourselves.

Often, many of these negative voices come from our parents, teachers, peers and siblings. Children pick up on the negative attitudes that people, especially parents, have towards them, and also about themselves.

A great example of this is if a child consistently hears their mum talking about how fat she looks, the child may internalise these thoughts and use them to measure themselves in later life.



Our Inner Voice

It's a bitch sometimes. It only pipes up when it has something negative to say. It feels like it's entire mission in life is to make you miserable (FYI - it's not! It's trying to "protect" you by keeping you in your comfort zone. No growth happens here though!)

However - the voice is NOT you. You are an observer of this voice. You may as well acknowledge that this voice is with you for life - but you can tame it!

Let's take your inner voice through a five stage taming process.

Identity

Your inner voice is not you. It's important that we separate her from ourselves, so we'll give her a name and identity.

Notice her Nonsense

Our first job is to notice what she says, and when

Breathe and Go Home

FFS remember to breathe! Count to 4 as you breathe in and 8 as you breathe out. Centre yourself in the here and now. Your inner voice likes to drag up the past and use it to predict the future.

Choose to Play

Give yourself the power to choose, and make the choice to play about with your options.

Purposeful Practice

Master the method and hold an attitude that your life is forever unfolding. Living a fulfilling, enjoyable and confident life is an ongoing moment to moment process.

ACTIVITY

Suggested investment time:
30 minutes

Use this activity to work through the first four stages of the process.

Stage 1 - Identity

As your inner voice does not represent the real you, it helps to give her (or him) an identity of her own. That way you will find it easier to separate your inner voice from your true voice.

Here is one of the Ladies Life Lounge inner voices. Her name is Felicity.



* Use the space below to draw (or print out and stick in) an image that visually represents your inner voice and give her a name. *

MY INNER VOICE IS CALLED

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This is all about pulling those limiting beliefs from your sub conscious mind into the conscious and dealing with them for what they are... in the here and now.

Here's what Felicity often says:

- * You can't do that.
- * What makes you such an expert? There's people far better than you.
- * Your legs are like tree trunks, they look awful in a frock.

Over to you.

In the space below take each of your negative beliefs and work them through to provide a choice and play with the options:

1.

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2.

.

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3.

.

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Negative beliefs

1.

2.

3.

Ladies Life Lounge

If you wanna come and hang out with us (& why wouldn't you - look how cool our pic is below!) then there are heaps of ways you can do that!!

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Jodes and Roxy xxx

