

Self-Talk Inventory: Part B

To give power to our mental work, we must be certain that we are not defeating the work by continuing to talk to ourselves about the problem or linger in the belief that created it.

Most of us are unaware of the chatter that runs through our minds while we are doing other things. The mind-chatter follows the pattern of our thinking and influences the demonstrations of our treatments.

Thoughts are the equivalent of construction tools with which we build our reality. To change our life, we must change our thinking. To change our thinking, becoming aware of our thoughts is the first step. We have many thoughts during the day, and the quality of these thoughts may vary.

Begin to gather awareness by keeping these questions close at hand at any given time throughout your day. You will quickly begin to recognize the thought patterns that are prevalent in your life.

1. What kind of things am I saying to myself right now?
2. Under what circumstances do I most notice my self-talk?
3. At what time of day do I most notice my self-talk?
4. Is the pattern of my thinking supportive of my desires?
5. Are my thoughts about myself positive or negative?

Remember... you are in charge of your mind. If you find that you have patterns emerge that you would like to change take the initiative and change them.

“To learn how to think is to learn how to live.” – Ernest Holmes
