



What Are You Saying To You About You?
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I came across this question the other day, "Would you want to be friends with someone who spoke to you the same way that you talk to yourself?" A few of you may be able to say yes, but there are more than half of you that would respond with an emphatic, "**Nope, not gonna be able to do it!**" So why do we do it to ourselves? Why do we say things that bring us down instead of lifting us up but then expect others to do it for us? Why do we utter unloving words to our spirits but then complain about the unloving words that people say back to us? What we speak is a direct result of what we think. It's time for you to upgrade your thoughts!

I guarantee you that your life will not change until you change your mind. Self-love is not selfish, it's necessary. Part of loving yourself is believing in and speaking well of you and your abilities. I find that we're often more worried about what others think or say about us, but we don't take the time to listen to our inner critics.

I want you to realize how negative limiting beliefs can be. It can infiltrate **EVERY** area of your life, and you'll find yourself wondering, "How did I get here?" Have you ever felt like that? I know that I have...**TOO many times to count!** The good news is that you have the ability to change your thoughts at any moment. The limiting ones may come, but you have the power to choose which ones you entertain. Every thought shouldn't be allowed an invitation to your party (only the ones that's bringing snacks...let's keep those ☺)!

So, let's pause here for a sec. I want you to think about this. What is the most popular limiting belief that you have about yourself? **DO NOT** move from this line until you come up with one. Got it? Ok, let's move on.

BE(AWARE)

It's tough to face limiting things that we say to ourselves. Know that you just took the first step. You're aware of your thoughts. And once you're aware, you can change them. Here are a few questions to help you gain some perspective. Although limiting, it does serve a purpose in and for your life. So let's see if you can get to the root of it. Be honest with yourself...this may take some time.

- What are you losing out on by holding onto this thought?
- What does it (the thought) give you permission to do?



- What will you gain by letting go (of the thought)?
- What is more important to you? What you lose or what you gain?
- Where do you believe that message came from?
- Is that message still relevant today?
- What is the price you've already paid for holding onto it?
- What does it cost you now?
- How would your life change if you continue to hold onto that belief?
- How would your life be different if you let it go?
- What's the smallest thing you can do to help rid yourself of that belief today?

Hopefully, you'll see what you've been robbing yourself of. Once you recognize your views, you need to do the work to begin to test it to see if it holds any real validity...because everything that served you before doesn't necessarily help you now.

You Are What You Think

Your thoughts hold as much power as your words. You are (and ultimately become) what you think. Some of you may be thinking, "**Well, I may think these things about myself, but I don't say them out loud.**" Let me assure you, even if they're not coming out of your mouth, they are all in your emotions and behaviors. Events don't trigger feelings and actions but instead our interpretation of those events. Most people think that an event happens, and you react (emotion). But what happens is that an event happens, we have a thought about that event, and then we react. Our subconscious minds don't dismiss what we feed it. If you say or think, "I'm not good enough, I'm worthless, I can't do this, etc." your subconscious mind now actively works to make that true. That's why you may find yourself in situations that confirm your beliefs and you say, "I knew this would happen!" And this does not mean that we're always going to be "**on**" and feeling great. Life happens. Just know that the opposite holds true as well. When you decree empowering beliefs, your subconscious will now kick in to try and create those experiences.



Pull From the Root

So where do these thoughts come from? In most instances, I feel that it's not necessary to go deeply into where they've come from to change them but for educational purposes, I'm going to give you a brief background. We believe what we're taught until own experiences either confirm or teach us differently. We are shown through words, actions, and reactions. As children, when these basic core beliefs are learned they stick because children don't possess the necessary critical thinking skills to challenge them. The thoughts then become hardwired into the subconscious and as adults, these old messages continue to play although they may be detrimental to us.

Disclaimer: *all views don't stem from childhood; we can grab some stuff along the way.* So I'm wondering which of your thoughts need upgrading? Which no longer serve a purpose?

It's Time For An Upgrade

Ok, so now I know what my limiting beliefs are, are aware of their purpose, and I have a good idea where they came from. How exactly do I change them?

- **Get in tune with yourself.** Start to record your thoughts so that you can begin to recognize them. When you're stuck or when conflict arises, ask yourself "*What am I thinking?*" When you detect a sudden change in your mood, ask, "*What did I say to myself to make me feel that way?*" When you know adversity is about to come up listen to your beliefs and notice the effect that they have on you.
- **Label the thought.** Instead of saying I'm worthless (or whatever the thought may be), say I'm having the thought that I'm worthless. Labeling helps you to gain perspective and separate yourself from your thoughts. In turn, this will change your emotional response to it.
- **Gather evidence.** Determine the proof that the belief is true and the evidence that the belief is false. But don't get sucked in by confirmation bias. Confirmation bias is the tendency for people to favor information that confirms their preconceptions regardless of whether or not the information is valid.
- **Turnaround.** Determine how the belief limits you. Decide how you prefer to act or feel, and create a statement that gives you permission act or feel that way.
- **Affirm.** Start gathering evidence of the new belief. Don't just say it to yourself but write it down. Writing has a cathartic effect that helps you



to process and look at things from the outside in. Besides, the more negativity that you get out of your head, the more room you make for positivity. Read it aloud to yourself. There's power in suggestion and with repeated suggestions you'll begin to believe.

So what do you do when the thought comes back up again? And trust me, it will come back up. Hit **reset** and go through the process again.

Your inner and outer dialogue should be moving you ahead in life, not keeping you stuck. Anytime you find yourself experiencing a negative emotion or just stuck on how to move forward, think about what you're thinking about.