2B (v): THE POWER TO CHANGE

REDUCE YOUR AUTOMATIC NEGATIVE SELF TALK

FOLLOW THE EXAMPLE BELOW TO REDUCE THE USE OF THE TARGET WORD: **CAN'T**

COUNT THE TIMES

I COUNTED MYSELF USING THIS WORD ALOUD ON 38 OCCASIONS IN ONE DAY IN A NEGATIVE MANNER

KNOW THE WORD'S ACTION

'CAN'T' MEANS IMPOSSIBLE TO ME. SO IT BUILDS A MENTAL WALL IN MY MIND. SUDDENLY I HAVE CREATED SEVERAL WALLS AND I FEEL MENTALLY IMPRISONED. I FEEL I 'CAN'T' DO ANYTHING BECAUSE I SAY IT SO MUCH.

REPLACEMENT WORD(S)

WORDS: I AM GOING TO REPLACE 'CAN'T' AND USE 'I STRUGGLE WITH' - I NEVER USE THIS PHRASE BUT IT IS WHAT I 'REALLY' MEAN WHEN I HAVE BEEN USING THE WORD 'CAN'T' INCORRECTLY INSTEAD.

EXAMPLE OF INCORRECT AND CORRECT USE

INCORRECT USE OF WORDS:

'I ALWAYS SAY 'I CAN'T SWIM' OR 'I CAN'T DO MATHS' OR 'I CAN'T SPEAK IN PUBLIC OR 'I CAN'T DATE THIS KIND OF PERSON' WHICH IMMEDIATELY CONNECTS TO MEMORIES OF 'IT IS IMPOSSIBLE' IN MY MIND. SO I IMMEDIATELY STOP MAKING ANY ATTEMPTS.

BUT WHAT I REALLY MEAN IS THAT 'I STRUGGLE TO SWIM' OR 'I STRUGGLE WITH MATHS' OR I STRUGGLE TO SPEAK IN PUBLIC' OR 'I STRUGGLE TO DATE THIS KIND OF PERSON', WHEN I SAY IT LIKE THIS, IT DOES NOT FEEL IMPOSSIBLE IN MY MIND. YES, IT FEELS UNCOMFORTABLE AND CHALLENGING. BUT NOT IMPOSSIBLE AND THAT MAKES ME THINK POSITIVELY. IT MAKES ME MORE LIKELY TO ATTEMPT THINGS.

YOUR CHALLENGE

SELECT A WORD YOU OFTEN USE NEGATIVELY WITHOUT REALISING I.E. SCARED, SHOULD, WON'T, NEVER, STRESSED, (OR SELECT A WORD OF YOUR OWN FROM YOUR RECORDINGS PERHAPS)

COUNT HOW MANY TIMES YOU USE IT AND CONSCIOUSLY START TO REPLACE IT'S USE WITH A MORE POSITIVE AND PROACTIVE WORD OR PHRASE. REPEAT DAILY

2B (v): PRODUCTIVE SELF TALK

THE BANNED LIST

Once you have consciously recalibrated the use of a word in your language, add it to the banned list and start on another

BANNED WORD/PHRASE	REPLACEMENT WORD/PHRASE	WHY THE USE OF THE WORD / PHRASE IS BEING REPLACED

STRATEGIES THAT MAY BE USEFUL FOR THIS CHALLENGE:
1. SLOW DOWN SO YOU CAN...
2. FOCUS AND....
3. STOP MULTI-TASKING...
SO YOU CAN SLOW DOWN AND FOCUS