Day 17: Stop negative self talk and have compassion for yourself

"Talk to yourself like someone you love" - Brene Brown

This helps you to be more confident, it increases your self esteem, your worth and it also shows others around you how you would like to be treated. When you talk to yourself kindly, you can release stress, anxiety, possibly depression, and you can become a more positive person.

So why are we so hard on ourselves? Why do we say mean things to ourselves and why do we listen to what we are saying?

We all have negative self talk, some more than others. Maybe you are speaking to yourself less harshly than you used to. Or maybe you still do this on a daily basis. Wherever you are with this, it's important to be aware you are doing it.

At some point in our lives we were either compared to someone else, we compared ourselves to others or we were judged, criticized or made to feel not enough. This could've happened directly or indirectly. Someone could've made comments to you or you could've seen someone acting in a way that was self critical.   You could've watched a parent who was treating themselves in a particular way or having experiences that you then decided was the way it was and your experience should be like that too.
It could've been an experience where you felt rejected and started to believe you weren't worthy and then started being mean to yourself. It's not so important where it started, it's most important now that you become aware you are doing it, so you can change it.

This was one of my biggest challenges, was noticing when I wasn't being kind to myself. I remember when I started to become aware of the thoughts in my head. I would say things like you are really stupid, you are lazy, (which is what my mother used to say to me) this person is doing better in life, that person looks better, whatever it was, it was a constant and I mean constant stream of thoughts. When you are a twin, as I am, or even if you aren't, you get compared. When you look the same as someone else, you are the same age, go to the same school, people compare you. This one is the quiet one, this one

is the pretty one, this twin is the nicer one, the thinner one. Whatever it was, it was everyone and all the time. Whenever you get messages or you are compared you start to repeat this to yourself, or that's what I did and then you start to believe you aren't good enough. Unless you are contemplating what people are saying and making a conscious choice to not believe what they are saying, you wind up taking what other people say as truth. If you don't have good self esteem or you aren't empowered, most likely you believe what other people are saying.

It took a lot of conscious effort for me to know this was happening, why it was happening and then stopping the thoughts. It's all about catching the thoughts and then saying, is that how I want to treat myself? Does that thought feel good or is that keeping me feeling bad about myself?

What I can tell you is I live much more in peace having done this work…and there is always more work to do. When you start to accept one part of yourself, there is always another part that needs some more love.

So what were the messages that you got? And what are the thoughts running through your head? Can you identify the ones that aren't nice or helpful and replace them with more beneficial ones?

Everything single thing you say to yourself matters. The voice inside your head (your ego) is making everything worse than it needs to be (because it's trying to protect you) and it believes what it is told or what it has seen. It judges, it limits you, it keeps you from trying new things, it tells you you're not good enough, it compares you with other people who seem to be doing better in life. It really is just trying to keep you safe….but it's not helping you create the life you want.

Imagine a small child who is just learning to walk. They get up, they fall down and the more they practice, the better they get. Along the way, you aren't telling the child they are incapable because they haven't gotten it right yet. You aren't saying get up, you're so stupid you haven't figured out how to walk yet.

So why are you being so hard on yourself? You don't have everything figured out yet and that's the journey of life, it's about learning and figuring things out.

And it's about enjoying it as much as possible, but when we are hard on ourselves and we criticize ourselves we are draining all the joy out of our lives.

Your job is to always try and be compassionate with yourself wherever you are in the process.

Here's what self compassion actually means:
Self compassion is knowing you are doing the best you can and being kind to yourself in the process of becoming more. It's allowing yourself the leeway to make mistakes, it's being easy with yourself, it's asking for help when you need it. It may look like not working so hard. It could just be allowing yourself some grace and ease. It could be resting when you think you should be doing. It could be forgiving yourself. It's being understanding and loving towards yourself.

Finding compassion is about opening your heart and being loving, understanding, kind and accepting even when you feel inadequate. And when you do this, you expand your consciousness, which helps you on your path to become more aware, have more clarity which will open up more opportunities for you. It's a choice. Make a choice as often as you can to be compassionate with yourself.

Here's a great question to put on a sticky note and put on your mirror, on your phone, on your computer, or wherever you will see it most….ask yourself, "What's the most kind and loving thing I can do for myself or say to myself right now?" And then do it!

How to stop negative self talk:

Be aware what you are saying to yourself. What is the voice of your ego and what is the voice of your higher self. Here's that work again of discerning which is which and remember the higher self feels good, light, expansive, encouraging and the ego wants to keep you safe so it will feel limiting, fearful, judgmental.

Stop the negative criticism and replace it with something kind. There's NEVER any reason not to be kind to yourself, ever. We live in a world where there is

both positive and negative and we get to choose what we say to ourselves. The only reason we are saying negative things to ourselves is we are comparing ourselves, we got the message we were't enough or we are listening to what someone else told us, which remember is usually about them, not you.

Reframe your negative thoughts into positive ones. For example if you are being hard on yourself, look at the thought and see how you can say it again but this time say it in a way that makes you feel encouraged.

Statement: I can't do anything right.
Reframe: I'm trying my best and my best is good enough.
I'm always learning and I'm a work in progress.
I love learning new things that help me to become a better person.

You don't have to go from I can't do anything right to everything I do is amazing, that's usually unrealistic to get your brain to make that jump. So just start saying things that are supportive and reassuring.

Here are some compassionate statements to practice saying:

I am working towards loving myself more. I have what it takes to connect to my higher self. I am worthy of love and acceptance. I am beautiful inside and out. I trust myself to make the right decisions for me. I feel good and I know that I can feel better. I am capable of creating the life I want. I am resilient and courageous. I am becoming more self aware everyday. I am kind to myself because I deserve to be spoken to in a kind way. I expect the best. I am doing the best I can and it's enough. I am living in peace and harmony. I am worthy of all that I desire. I allow myself to be who truly I am.

You are the only one that can hear what's going on in your head and you have control over what thoughts you listen to and which ones you don't. This is about you taking the time to be aware of what is happening in there and being very conscious of what you allow yourself to believe. It's a filtering process and you have to be aware in order to filter what makes you feel good and what makes you feel bad. You are supposed to feel good, so only pay attention to the ones that make you feel good as this is a very self loving thing to do.

Don't be hard on yourself, you are doing the best you can. Just take small steps everyday, little by little you are transforming your mind and your life and it's big work. The progress you are making is all that matters. Stop often to celebrate, the more you celebrate, the more momentum you will have and the easier it will get.