

Module 2 : CHANGING YOUR DIALOGUE

Start tuning into what you are **actually saying** (and thinking)

To yourself : through writing and in particular your thoughts

To others : loved ones, friends, family, colleagues, acquaintances, random people in your community - about your life, yourself, other people and the world.

Through writing it is very easy to see the dialogue we are using. This makes it super simple to break these patterns and create a healthier dialogue which heals us and propels us into a more positive direction and the best version of ourselves.

With time you can work through any number of phrases you wish to improve on.

This is Powerful stuff !!

STEP 1

Your 'common' dialogue

Notice if there are certain things you are repeating regularly.

You may notice there is a particular narrative – or story telling that you naturally use, both when thinking to yourself and speaking to others

NOTE: tune in to see if *SELF FORGIVENESS* plays a big role here = forgiving yourself for struggling with this will allow you to move through blocks quicker and easier.

Remember you made decisions in the PAST with your ability and knowledge at that time .

Start simply – choose just 1 phrase you notice yourself saying regularly that you are aware is NOT serving you to be your best version. Write this down in your journal and use the following steps to write your own example.

Example

"I've always had weight / skin / money / work / boyfriend issues."

"There's no good guys left / it's so hard to find good girlfriends."

"I have no time / I just don't have time right now / I'm so busy."

"I'm always tired / I'm just so tired." "I don't know how to cook / to write / to do that."

"I've never been good at that" "I don't know what I like / want / need."

Here you can also tune in to if you are gossiping, commonly using negativity in your communication or dwelling on world or other events by rehashing them over and over. Be gentle with yourself - it's ok whatever dialogue you have been engaged in - be an observer with no criticism. The biggest step is awareness.

STEP 2

Owning vs Feeling

Once you have noticed one of your main repeat dialogue phrases start viewing it differently. Move away from an 'owning' of it and change it to a 'feeling' of it.

Example

Owning = "I don't have time for exercising."

Feeling = "I feel like I don't have time for exercising."

STEP 3

Into past tense

Now change your dialogue to a past tense – imagining it used to happen and now it doesn't. We want to put an end to this pattern so it doesn't keep repeating and we can rewire our way of thinking and therefore acting.

Example

"I used to feel like I didn't have time for exercising."

STEP 4

What are you doing to change this ?

- Come up with a solution to your issue. Be truthful.
- Do you struggle managing your time but sit scrolling on IG for 1 + hours a day ?
- Do you struggle to exercise (move your body in any form) each day but watch 1 hour + of Netflix each night ?
- Do you struggle to prepare nourishing meals for yourself but socialise lots ? - phone calls, coffee catchups, family gatherings.
- Are you unsure what form of exercise suits you best ?
- Do you not enjoy exercising and are therefore making excuses ?
- Is self sabotage at play here - do you stop yourself from achieving what you would like so you can stay safe in this space, without the change that you actually wish ? (I know haha, self sabotage is real, but being aware of it can help us push it aside and be free'd from it.)

Example

"I used to feel like I didn't have time for exercising, but I stopped watching Netflix each night so I can get up earlier and move before I go to work."

"I used to feel like I didn't have time for exercising. Now I socialise a bit less to make more time for me." or "I've joined up with some friends / group training to keep me on track and motivated to exercise."

STEP 5

What does it feel like to have made this change ?

Tune into what it would feel like to be able to do the thing you were using negative dialogue about. How do you feel physically ? Psychologically ? Emotionally ? Spiritually ? Think future you if you were doing what you wish to change.

Example

"I used to feel like I didn't have time for exercising. Now I make sure I make time for it and I feel so much stronger / leaner / fitter / better / happier in my body / I feel so much clearer in my mind / I feel so much calmer / more balanced with my emotions / I feel so much more in flow."

To sum up this example > >

"I feel so good that I am prioritising moving my body."

Or "I feel so much better when I make time for exercising."

STEP 6

Keep on top of it

Using better dialogue is a **lifelong lesson**. Stay on track by regularly checking in about what you are saying (and thinking) to yourself and others. When you catch yourself with a negative limiting phrase – get it and resay it. Don't be hard on yourself, laugh it off - *"Wow, how did that one sneak in "* And we're allowed to override what we have said in a conversation too! E.g. If you said something you'd like to say in a different way just follow your old comment with the fresh one. You can let your friends, family or partner know that you are working on this so they know there may be some adjustments in the way you are communicating. If you are noticing it repeating jump on it and write down the positive version of it to keep you focused on changing that dialogue permanently.

STEP 7

Keep it real

There is definitely a fine line here - you can overdo a good thing too! Tune in to a healthy balanced dialogue. I believe there is such a thing as too much sparkle, rainbows and lollipops. If things are tough, acknowledge that they are tough. Then work at pulling yourself out of the funk. Also it's not fun being around people who are over-the-top silly positive either – it's about a healthy and real balance and being truthful to yourself.

It's ok to not be shiny all the time – its actually completely unrealistic to think you can be. It's ok - and important - to feel ALL the feels. The concern is if we **hold** onto them. Always gift yourself time and love to liberating from patterns of behaviour (this includes dialogue) which are holding you back, keeping you small and burdening you from being your best self.

Here are 2 other important aspects of changing your dialogue you can play with :

What you say to others

This can be really potent especially for family and our love relationships with a partner.

Example

"you don't listen / you're not listening"

> > "I feel like I'm not being heard right now about"

Switching words - what are you projecting

In our culture it is acceptable, and encouraged, to be 'busy'. If you are 'busy' then life is good, supposedly (eye rolling). Although we all know being 'busy' is usually intense, overwhelming, exhausting and stressful. Just the word itself has an intensity to it. Don't be shy to override the word busy in a conversation. This also gives others the permission to not follow suit with cultural norms and allows us to grow on a bigger scale and create healthier communities.

Example

"busy" >> "abundant" or "full"

OTHER : "Hey ! How are you ? You been busy ?"

YOU : "Hey, I'm good thanks. Yes I've got quite a few things on at the moment, I'm abundant, haha. The word busy is so stressful. How have you been ?"

MODULE 2 RECAP

- Start tuning into what you are actually saying (and thinking). Notice any repetitive dialogue that isn't serving you to be your best version.
- **Use writing in your journal to move through Steps 1 - 5. Take on board Steps 6 and 7 to help keep you in check, especially long term. Come up with at least 1 example.**
- **Notice** what you say to others - how you may be responding to them and use your journal to come up with a new dialogue > > "I feel like I'm not being heard right now / about"
- Play around with switching words e.g. busy >> abundant
What word could you use to substitute for a word that doesn't feel supportive to you right now. Feel free to use the 'busy' example !