

Review

How is your “body plan” shaping up?

Physiology says...



Change in brain chemistry is what changes b and our feelings.

- Adrenaline
- Cortisole
- Seratonin
- etc

Two brains...??? -

Philosophers

René Descartes

- “I think, therefore I am!”

Marcus Aurelius

- “I think in order to determine the way that I am.”

Solomon

- “For as he thinks within himself, so he is.”

The power of the Mind

- Created in the image of God, the creator.
- Words have power to create...

“so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.” (Isaiah 55:11 NIV)

Creating Highways in the Brain

Repeated patterns create “synapses”.

- Exercise

Chemical highways created by our thoughts:

- Toxic ones
- Positive ones

The voice I hear _____ creates
superhighways in my brain.



Our choice

We have both the capacity and the responsibility to choose the thoughts which we all access to our mind.

Illustration: Weeds and weeding

Managing our self-talk

Our emotions are not the product of e_____ (past or present), but rather the product of our I_____ of those events.

Our emotions and behaviours spring from the self-talk which we permit.

We can speak the truth or tell ourselves lies.

The coach is also listening for resistance, fear, ... and the voice of the Saboteur, who is there to object to change, point out the client's shortcomings, and bring up all the reasons why this idea won't work - Whitworth, Co-Active Coaching, pg 11

The Bible says:

- Faith comes by h_____

Relationship between belief and behaviour.

- That which I hear most often (self-talk) will determine my belief and thus my behaviour.

The Voices I Hear...

- F_____
- P_____
- C_____
- S_____
- E_____
- S_____
- _____
- T_____
- Be_____

The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.
(Prov. 15:4)

Exercise

Le discours intérieur – “Self Talk”

Voices: A Few Examples ¹	
Negative Voices	Positive Voices
The Victim Voice says nothing is ever your fault; you are always a victim & you don't need to take responsibility for your life.	The Good Seeker Voice says there is good in everything and will find this goodness, even in difficult situations.
The Failure Voice tells you that you are a failure at everything you try and focuses on the past.	The Abundance Voice tells you that life's riches are plentiful, and believes that there will somehow always be enough.
The Voice of Revenge constantly mutters “just wait”, and is biding time until ready to pounce.	The Hope Voice assures you that tomorrow will be bright and has positive expectations about the future.
The Self-Doubt Voice constantly plants seeds of doubt in your mind, destroying confidence and killing your tomorrow.	The Humor Voice reminds you not to take life too seriously, finds what is silly or fun in everything and encourages you to laugh.
The Egregious Injustice Voice is always telling you you've been wronged and dwells on injustice in every aspect of your life.	The Gratitude Voice always looks at the bright side of things, expressing thanks for everything even in difficult situations.
The Famine Voice tells you there will never be enough of anything, causing you to constantly panic over resources.	The Creative Voice is all about imagination and innovation, and always finds new ways to approach life.
The “Ain't it Awful” Voice tell you that your fate is always awful, and makes a catastrophe out of everything.	The Forgiveness Voice encourages you to let go of grudges and anger, and accept others, reminding you that no one is perfect.
The Hide Voice always tells you to lie low and not take action.	The What Role Did I Play Voice asks you to look at situations to determine how you may have contributed to a negative event, not in order to assign blame, but to help you improve in the future.
The Pleaser Voice tries to get you to please everyone, and imposes guilt if you don't.	The Faith Voice assures you that whatever life holds, you'll be okay, and draws on a spiritual knowledge that permeates all aspects of life.
The Comparison Voice compares everything in your life with what others have, and lets you know how you rank.	The Perspective Voice reminds you of the facts and helps you get a grip on reality.
The Fix-It Voice claims it's your responsibility to fix everything in your life and in others' lives.	The Honor Voice encourages you to admire others and demonstrate your respect.
The Perfectionist Voice wants you and everything you do to be absolutely perfect, and will let you know when you fall short.	The Optimist Voice reminds you that things will turn out well.

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