

# thank you



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## ALTERNATIVE OPTIONS

**In this process, you're going to invite your inner voice out, your bad inner voice if you feel that is more appropriate, and you are going to speak to that part of you about its behavior.**

This process is also a handy follow on if you can't get the bad guy part to agree to work with you and the other parts towards the same end.

Be gentle.

Start by thanking this part of you for being here with you today.

You know its time is valuable and precious and you hope that it knows that you appreciate the time it has taken to be with you today. Everybody loves being buttered up a bit :)

Now you are going to speak to the part about the fact that sometimes what it does interferes with what you are trying to achieve – and therefore your happiness.

We've already determined by this stage that this part wants happiness for you too, so this is an important point to raise with this part.

Now you want to speak to this part of you and say to it that you understand it has resistance to working with the other parts and you – that's normal. Most aspects and people experience difficulties in situations like that at some point in their existence.

However, you would still like to mitigate the interference that the negative self talk causes, so you are now going to ask the bad guy aspect of you what alternative behaviors he or she can engage in instead of negative self talk.

Suggestions that come from the part of you will always be better, because their spontaneous nature allows them to be more easily remembered.

You know – the same way that a change takes immediately and permanently when you have a big breakthrough or a-ha moment?

However, it is possible that external suggestions will resonate with you strongly, so the page opposite does have suggestions for alternative behaviors that your inner voice can engage in instead of self talk.

These are also helpful to kickstart the thinking process.

This is a great opportunity to trust your intuition if you are working with intuition building exercises and processes – trust that your intuition will bring you the best alternative behaviors – even if they do sound a bit whacky to you.

The art and science of intuition, and the tricks behind intuition, are practice and trust.

You have to keep practicing and chipping away at it until you eventually reach a new plateau of trust.

Processes and exercises like this are a fantastic way to develop that trust and try out your intuitive skills in a space that makes it easier for you to believe the information that comes through to you.

Also, it's easier to discern the accuracy of the information because the only gauge of measure is whether or not it feels right for or works for you.

### Go on a gratitude rampage

Instead of launching into negative self talk, your inner voice can launch into a gratitude rampage. If there's silence or an option to be heard, your inner voice has the job of filling that with gratitude for absolutely everything in your life.

### Find forgiveness

Your inner voice can find forgiveness for itself, for you or for somebody else.

### Make loving statements

For every negative statement your inner voice makes, it has to make at least three, four, five or six loving and positive statements in as short a period of time as possible.

### Find another reason

Before your inner voice goes off into a rampage of worry or doubt or concern over a partner's infidelity or jealousy, it has to come up with five, six, seven other reasons why this could be happening.

eg. Running late doesn't mean infidelity, it could mean a flat tyre, flat cellphone battery, emergency, late meeting, forgotten or last minute appointment.

### Do something about it

If you can do something about it right now, then instead of letting your inner voice run riot, get up and do it. If you can't do anything about it, then it's on the banned list for internal dialogue and worrying.

### Find out of the box solutions

Your inner voice is not allowed to complain about anything it has not offered you at least seven out of the box solutions for.

### Stuck in a loop

If your inner voice is stuck as to what to do, it has to alert you and ask for help before defaulting to negative talk.

### Success stories

Your inner voice must run through a loop of times you've been successful.

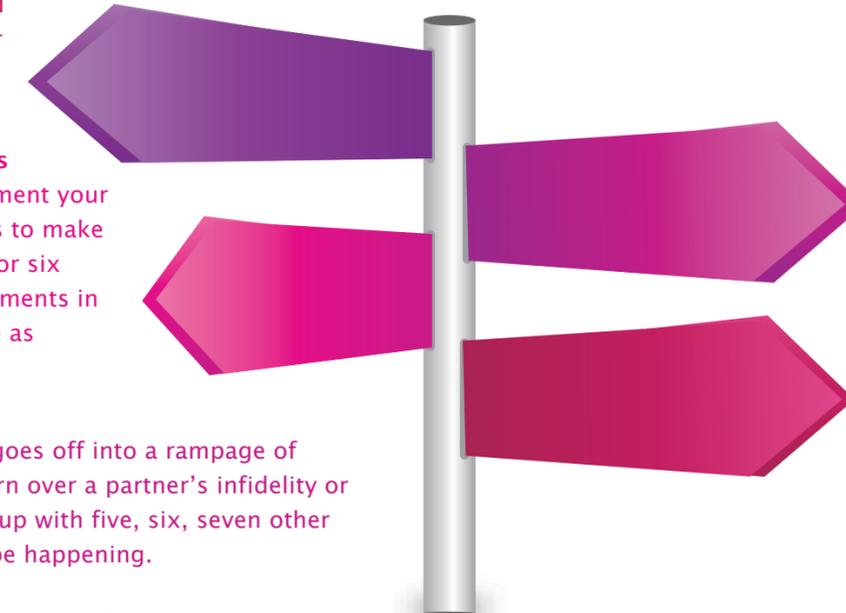
It will help if you make a list of twenty times you've been successful in real life on a sheet of paper. Keep this list handy for reference when you need it.

### Own experiences

Find examples from your own experiences that disprove the negative talk your inner voice wants to engage in, and examples of positive behaviors for inspiration for positive inner talk and dialogue.

### Friend or foe?

If it can't stop the negative inner talk, your inner voice can go an internal to discover a person or event that caused the negative beliefs that prompted this line of talk or negative talk in general. If it can bring that person or event to your awareness, then you can do healing and release work to clear it and move on permanently.



# categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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- Affirmations
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