

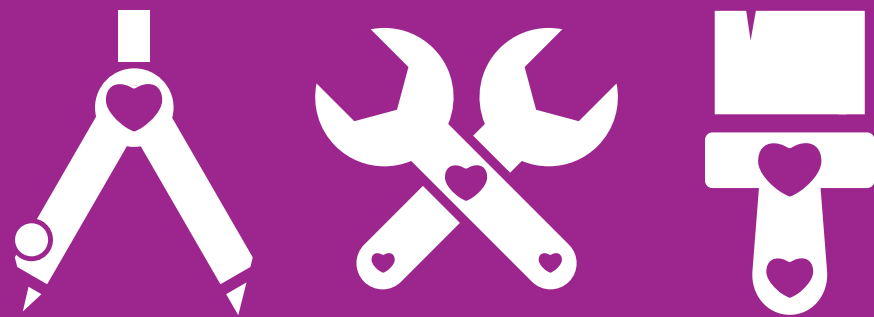
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TV REMOTE

If you are battling with working with your inner voice, it may be that there is some hidden aspect you haven't uncovered yet – like it largely stems from someone you are convinced is disappointed in you.

The upshot of that is that you need a little bit of distance when you work with your inner voice – at this stage, and until you uncover that really relevant bit of info, you need some separation from your inner voice when you work with it. The TV Remote process will give you exactly that.

For a more in depth introduction to the process, please see the original process in mental exercises.

Suffice to say that one of the key elements of this process is that you can throw up layer after layer of protection – and basically everyone can relate to using a TV and TV remote.

Options for protecting yourself during the process include bubbles, lights, colored lights, screens of crystals and glass – basically anything mostly see through you can put between yourself and the television.

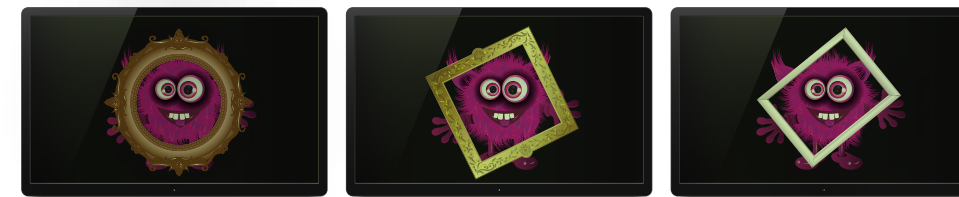
Over time as you work with your inner voice, because this is an ongoing, chip away it for the rest of your life kind of thing, you can see the removal of each layer as the milestone to work towards for each stop on this journey.

When you chip away at something like this, the big underlying issue will always eventually show itself – don't worry about that.

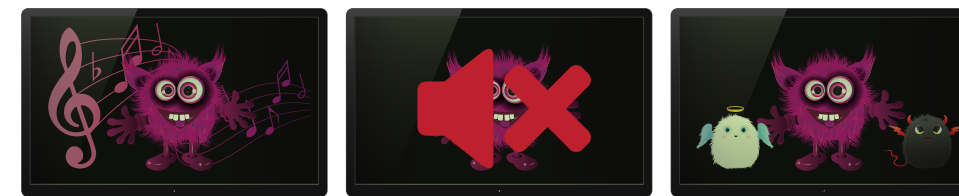
It's not so much important what you do, as it is that you just keep doing it. You'll very quickly see what works for you and what doesn't.



Once your inner voice character his safely on the screen you can try various buttons on the remote to apply various actions. Of course, any button can be used for any purpose you desire.



Try placing different colored overlays onto the TV screen and see how that changes your inner voice.



Try having your inner voice play dress up, hold up props or various frames, and see how that makes you feel.

You can also play with audio options, adding or changing background music, muting everything or just certain aspects, and even introducing an angel and devil on the shoulder to guide your inner voice.

The angel and devil can also be used to assist your inner voice when you aren't around.



You can also try flattening the moving, animated character into a flat photograph.

You can make the photograph black and white or sepia, or blur it out, flip it over, push it into a wall of photos and so much more.

Really you can make any adjustments you want – keep them if they work for you and help you feel better, toss them if they don't.

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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