

A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM

EAP Notes

Quieting Your Inner Critic



We each have an inner voice that praises, criticizes and comments on what we say and do. This inner voice or self-talk has an influence on our behavior, actions and self-esteem. However, too often our inner voice is sending negative messages that may lead to failure. The key is to use your inner voice for good rather than evil.

Consider the following steps to help you create powerful and positive self-talk.

- 1. Have a Clear Vision.** By knowing your desired outcome, you will avoid dwelling on the question, “How will I get there?”
- 2. Use “I” Statements.** Take your thoughts or affirmations to a personal level. For example, “I can make a difference” or “I have unique abilities and talents.”
- 3. Stay Positive.** Place a positive spin on your affirmations. Rather than saying, “I am nervous about speaking in public” tell yourself “I am confident that my presentation will go well.”
- 4. Focus on the Present.** Statements should encompass the NOW rather than the someday. Include the word AM and avoid words such as can, will, should or could.
- 5. Keep it Simple.** Affirmations that ramble on and on are not effective. Short, powerful statements give you the biggest bang.
- 6. Believe in Yourself.** Don’t set your expectations too high. Make sure your statements are believable and attainable.
- 7. Get Emotional.** Use words that trigger your emotions. For example, “I am a loving and nurturing parent.”
- 8. Write it Out.** Use a journal or index card to write out each affirmation. If you have several areas needing improvement such as family, health or financial, color-code your index cards for organization.
- 9. Read, See, and Feel.** Repetition is the key to success. For 30 days READ each affirmation in the morning and before going to bed. Then SEE the picture coming to life, and FEEL the emotion associated with the affirmation. Breathe deeply and repeat with each affirmation.
- 10. Open your Heart and Mind** to the possibilities and positive changes that will occur using this technique.

Affirmations

Affirmations are positive self-talk statements which:

- start with “I”
- are clear and brief
- take place in the present
- become more effective with repetition

Source: www.topten.org

If you would like to learn more about the benefits of positive thinking, contact your Best Care EAP. A professional counselor is available to help. For a confidential appointment please call, (402) 354-8000 or (800) 666-8606.

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