

Self Healing Invitation:

The 5 Steps to Create Your New Story

Step 1: Identify the Bully Voice

The first step in changing our story is to pay attention to our inner dialogue throughout the day. I recommend carrying a small notebook or starting a section in your phone's Notes app to quickly jot down any thoughts that come up. You might not even realize the stories you're telling yourself. Try this exercise: when you catch your bully voice talking to you, pause and take a moment to examine it with curiosity. Invite it in, but don't play. Give it a name to give yourself some distance from it. You can say, "hello, anger; hello jealousy; hello self-pity." This practice can help you build self-awareness, which is the foundation for inspired action and positive change.

Journal your findings here:

Step 2: Identify the patterns and the story beneath it

Next, with your newfound awareness, consider these questions.

What patterns do you notice with your bully voice?

When do you notice your bully voice speaking to you?
What's happening? Where are you?

What tone does your bully voice take with you?

What words does it use?

What is it specifically addressing about you?

How do these words make you feel in your body? What sensations do you feel?

What emotions come up for you when you hear this voice?

What actions might you take as a result of this voice speaking to you?

Once you have answered these questions, it may be easier to recognize the story you are telling yourself. I shared that my story is “You aren’t good enough and won’t be loved and accepted unless you do more, be more and produce more.”

Share your story here:

Step 3: Cross-examine the story

We can take this a step further and challenge the story our bully voice is feeding to us. When we cross examine our bully voice, we're looking for evidence outside ourselves to see if what it's saying is actually true. Treat it as if it's the court of law. For instance, when I told myself that people liked me better if I drank, I could have played the role of prosecuting attorney and cross examined that thought by considering the evidence. Did someone actually tell me that? Did I read it somewhere? Did I see it on TV? Are there any studies that prove it? Where is the evidence that this story is true? Challenging the thought by examining the evidence makes it clear that outside of my own mind, this thought is not truth.

To take this a step further, here are some self-examination questions you can try. Journal your thoughts on the next page:

1. Have I ever been in a situation where this belief was proven wrong?
2. What would I tell a friend who had this thought?
3. How does this belief make me feel, and is it helping me in any way?
4. What would happen if I chose to believe the opposite of what this voice is telling me?
5. What would change if I let go of these beliefs?
6. How does this story align with my values and the life I want to create?

Journal Your Thoughts

Step 4: Let go of the old story

Now that you may be more aware of your bully voice and the stories you have been telling yourself, it's time to set some intentions for some better feeling thoughts. I invite you to challenge your old stories and the thoughts that go with them – literally - with a fun ritual inspired by The Self-Care Oracle, a deck created by Jill Pyle, CEO and Co-founder of Goddess Provisions. I've adapted this exercise and call it "The Bully Voice Exorcism."

Make sure you have a fire pit, fireplace, ash tray or large bowl and somewhere safe to set fire to your bully voice. I usually go outside on my lanai and use the bowl where I keep my sage stick.

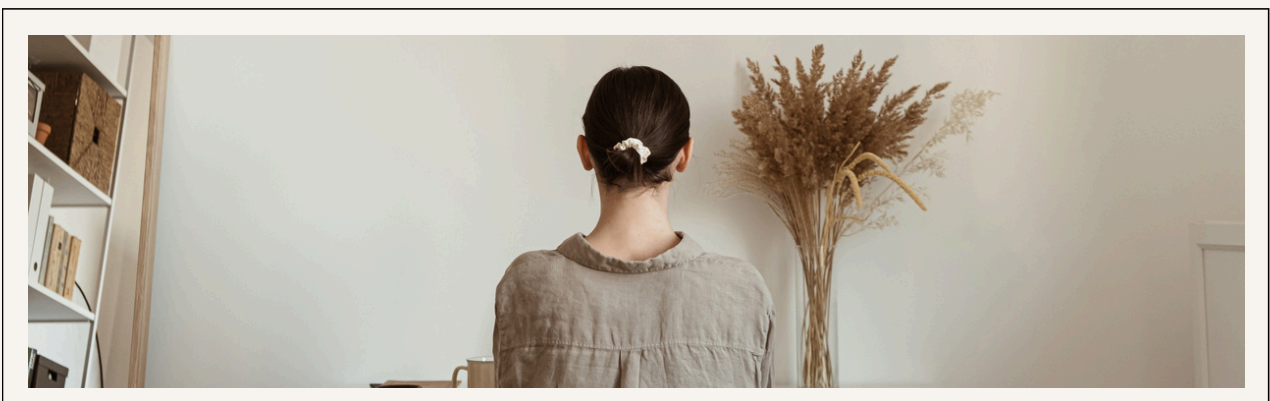
Take a few small sheets of paper and answer the following questions on each.

1. What stories about you, people, places, things or experiences do you want to let go of?
2. What life experiences have you gone through or conquered that need acknowledged?
3. What specific thought patterns do you want to release?
4. What do you want to call in right now?
5. What desires do you want to manifest?

Set an intention to release and call in what you have written down by saying to the Universe, God, or your Higher Power of choice, “I release all negative thoughts and call in something better. And so, it is.” Or you can make up something else that is more personal to you. Burn each piece of paper and as you watch each piece burn, feel into it by envisioning yourself thriving in your new way of being, worry and stress-free. Imagine you already are that person you are calling in, because you are actually already here.

Do this practice as often as needed. When you bring your attention to it, and mindfully and intentionally release negative thought patterns and call in what you desire, you are training your brain to default to more positive thoughts. This rewiring is known as Neuroplasticity.

Neuroplasticity simply refers to the brain’s ability to reorganize itself by forming new neural connections in response to learning, experiences, and changes in the environment. The more you repeat a thought or behavior, the more you train your brain to create a new self-belief and habit. Repeating practices like this is a fun way to show yourself compassion and change the way you speak to yourself.



Step 5: Create your new story

Now that you've burned some of your negative thoughts with this last exercise and cleared space for more self-compassion and love, your new thoughts will influence you to take inspired action that will create more positive behaviors, healthier habits, and a belief in your highest self.

Take a moment to write your new story. For example, my new story became, "I am perfectly imperfect and that is enough. I am exactly where I am supposed to be in this very moment." When I tell myself this, I feel less pressure to perform, I don't feel the need to compare myself to others, I feel grateful for what I've accomplished and embrace all that I am and have. These feelings build the momentum I need to keep moving forward in my own time to create the abundant life I desire.

Write your new story. Find creative ways to reinforce this story daily. Set it as wallpaper on your phone, set reminders with your Alexa device, put post-it notes around your house or add it to your vision board. Find what works for you and notice how it makes you feel and what different actions you take as a result.

My New Story
