

*Kathryn Orford*

## **HOW TO RE-PROGRAM YOUR NEGATIVE SELF TALK**

There are four ways you can re-program your negative self talk. I encourage you to try all four and then decide what works best for you.

1. Drown it out. Some people have great success telling the voice "out of here, I don't need you any more."
2. Change the volume. Imagine you have a remote control and either hit the mute button or turn the volume right down.
3. Change the tone of the voice inside your head. You've probably spent many years perfecting the negative voice, so instead of changing what you're saying, it's usually easier to try changing the emotion behind the words. For example if you say something like "you silly idiot", try saying it now in a Donald Duck or goofy type of voice. Take a moment now to experiment. Does it take away the negative impact? It might even make you feel like laughing because it sounds so hilarious. The other thing you might like to try, is to change the tone to a very sexy sultry voice. What affect does that have on you?

4. Change the negative comment to a positive comment. Because your critical voice has probably had years of practice its usually easier to add a positive onto the end of a negative. There are three magical words that can transform a negative statement into a positive one. I've come up with an acronym to help you remember them. I call them a Y.U.I. Just like when we do a U turn in a car it takes us in a totally different direction, adding one of the phrases below will totally change the way you feel about yourself.

Y. = YET

U. = UP UNTIL NOW

I. = IN THE PAST

For example:

- ~ "I can't reprogram my negative self talk "yet." By adding one tiny word to the end of your sentence it implies that you will be able to do it if you stay focused and persistent.
- ~ "My negative self talk has stopped me from applying for that promotion up until now" This phrase creates the impetus in your brain to create a different outcome.

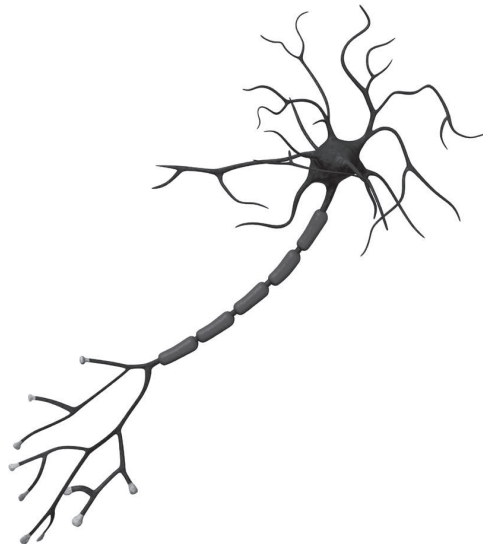
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~ “In the past, I used to let my negative self talk hold me back.” By simply adding in the past to the beginning of the sentence it puts your limiting beliefs back in the past where they belong, and sets you free to create a new outcome.

**Changing the voice inside your head takes consistent effort** but speaking from personal experience, it is very liberating when at last the negative voice is replaced with one that is supportive, encouraging and on your side!

Neuro Scientist’s have proven that Neurones in our brain that fire together, wire together.

Here’s a picture of the Dendrites in our brains making new connections.



The key to rewiring new neural pathways is consistency. So be persistent. Every time your negative self talk rears its ugly head, use the skills you just learnt to reprogram it. And over time you'll create your own internal cheer squad!

### **WHAT IS N.L.P. or NEURO LINGUISTIC PROGRAMMING?**

Neurolinguistic programming is concerned with the patterns or programming created by the interactions among the brain, language, and the body, that produce both effective and ineffective behaviour. The founders of NLP were John Grinder a linguistic professor and Richard Bandler a mathematician, at the University of California at Santa Cruz (UCSC), around 1975.

### **ANCHORING**

In the field of NLP there's a term called anchoring. Anchoring is a process by which a stimulus triggers a response/state.

Our minds naturally link experiences as a way of giving meaning to them. Through our history many states/experiences become linked/associated with a different stimuli.

Emotional states have a powerful and pervasive

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influence on our thinking and behaviours. Sometimes, unknowingly we've anchored states in ways that can be very limiting and detrimental. Other anchoring can be very useful; conserving resources and being positive and supportive in many ways.

If you watch most elite level athletes they've either been trained to use anchoring or do it instinctually every time they have a win.

## **HOW TO SET UP A POSITIVE ANCHOR**

Every time you have a win reprogramming your critical voice - whether its a small, medium or big win..... celebrate like crazy! Do a celebration dance, blow up a balloon, or if you're out in public find a way to celebrate that works for the environment you're in. Say yes and make a fist or something similar. As I mentioned before, we're all anchoring in positive and negative experiences throughout our day without even knowing it, so take control and make sure that you say something positive, either in your head or out loud, and do something subtle or big with your body at the same time. The key is consistency; every time you have a win, anchor it in. It's called stacking anchors, and basically what you are doing is building a solid foundation of success in your body so that you can set off your positive anchors whenever you want to feel successful.

I do it all the time. I have my “power move” that I do every time I have a personal win. I curl my fingers on both hands into fists, take my arms out in front of me at waist height and then pull them in to either side of my hips as I let out a very loud celebratory “YES!!!” If I’m out in public and it’s not appropriate I still make my fists, and say yes inside my head!

Just before I’m going to do something that takes me out of my “comfort zone” I set off my positive anchor by doing my power move. My pulse changes, my eyes become focused, my breathing changes and positive emotions surge through every cell in my body. And then I proceed to do whatever I want to do in a state of confidence, joy, curiosity and positive anticipation! And in that state everything I do, I do better!

So have fun anchoring in your wins and setting them off when you need them.