



Negative Self-Talk

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by TerryAnn Porter

DEFEAT the negative self-talk

***L*ook at the lie from a different
viewpoint**

***I*nspect the intent of the lie**

***E*xamine the lie and its truth**

***S*peak **TRUTH** to the lie**



It's time to defeat the LIES of Negative Self-Talk by changing your PERSPECTIVE, exploring POSSIBILITIES of the new PATHWAYS open onto which you can CHOOSE to PROCEED in TRUTH.

L: Look with Clarity (perspective):

Change the way you look at things and the things you look at change.
Wayne Dyer

Changing your perspective makes a difference. Looking at slides, what do you see?

Think for a moment of some lies you hold on to as truth.

On the picture below, fill in the bubbles with lies you tell yourself.



A couple of weeks after sharing this message with a group of women, I was speaking with an attendee who told me that night she didn't have an issue with negative self-talk. During our conversation she shared with me that she didn't think she did any negative self-talk, and that very day caught herself 3 times putting herself down. Her daughter, sitting beside her at the time chimed in with a few more that had gone unnoticed. She didn't realize what she was saying to herself until she paused to listen to herself and consider her own words. - TerryAnn

Consider **one** negative self-talk area of your life you would like to replace with truth.

Write out the lie:

Once you recognize the lie, how could you become aware of the lie?
Brainstorm – list some verbal or visual prompts you can give yourself to address the lie. You are not committing to anything, just thinking up ideas.

Looking at the list your just prepared, pick one prompt to use this week.

Catch yourself. How will you celebrate each time you recognize the lie? Remember, if you missed it at the time but catch it later, that is just a delayed recognition. Celebrate it!

If you wish, keep track here of the lies you caught this week.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others (and yourself) up according to their (your) needs, that it may benefit those who listen (you).

- Eph 4:29 NIV

I: Inspect the Intent (possibilities)

Inspect the Intent of the Lie. Because you believed the lie(s) as truth, what has it stopped you from doing that you wanted to do?

Do you use ABSTRACT ABSOLUTES with your lies?

Webster defines "abstract" as disassociated from any specific instance; and defines "absolute" as positive, unquestionable.

An "Abstract Absolute" occurs when you take one moment of non-success and make it into an ALWAYS

Example: I just messed up making dinner tonight. It didn't turn out right. I always do this. I cannot cook. I am a failure in the kitchen. I can't even boil water!

WHY DO WE DO THIS TO OURSELVES?!?!?!?

The truth in that scenario: I have fixed 3 meals a day without any problems for weeks/months/years. I had an issue tonight. That's all it is. Something went wrong tonight with this one meal. I am a good cook who just didn't fix a tasty meal this one time.

What happens when we use an Abstract Absolute like this?

Now, describe one abstract absolute you use in your life.

What does the abstract lie cause you to do or not do?

LIES may stop us from stepping out and doing something.

WHY? (ex: failure, success, etc)



YOU MISS 100% OF THE SHOTS
YOU DON'T TAKE

- Wayne Gretsky

What have you NOT done because of self-talk lies?

This week, watch for lies you tell yourself and look for its intent.

Watch for 'abstract absolute' lies you embellish on yourself. What is its intent?

You get to decide what you will believe.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. - Psalm 25:5 NIV

E: Examine the Truth (pathways open)

What is the truth in a lie you recognized in this study?

The Lie is:

The Truth is:

What truth does God offer you about this lie?

If the lie were dispelled and you affirmed the truth, what possibilities could open for you?

Imagine a scenario where you believed God's truth. What would you do differently?

If you lived with the truth you found, what would it look like?

John 17:17 Sanctify them by the truth; your word is truth.

The lie has been captured and you found the truth. A new pathway is available. Where does it lead?

Describe some possible obstacles to this pathway.

Brainstorm ideas to face down the obstacle like you did the lie. Nothing is set yet. Brainstorm the ideas no matter silly or wrong you think it may be.

Pick one idea and apply it this week. Record the results. If necessary, change the attack plan and adjust accordingly.

Find a Scripture reference to remind you of that truth.

Consider posting it where you may see it daily.

I am made in His image (Genesis 1:27), His handiwork (Ephesians 2:10). He knew me and loved me before I was created (Psalm 139:13-16). I am a child of God (1 John 3:1), a daughter of the King, a Princess!!

I smile when I put on my plastic \$5 party store tiara. I am a princess! This simple item brings me back to child-like faith. I can set aside my tears and fears and fell wrapped in the arms of God. He loves me. I am beautiful. I am enough.

This week, face God's truth and look for the possibilities this truth opens in your life. Write out one truth you will accept and the affect it has on your life. Celebrate the realization.



How did you celebrate?

S: Speak the Truth (proceed)

You have

- Looked with Clarity at the self-talk lies
- Inspected the Intent of the self-talk lies
- Examined the Truth

Now, let's look for ways to Speak the Truth.

Make It Personal

In his video training and workbook to his series “Crash the Chatterbox” by Steven Furtick, he describes ways to personify the lie so it may be addressed.

I use a teddy bear, and a tiara. How would you personalize a lie?

What truth will you tell the personified lie?

Now that you have captured the truth, and replaced it with you; you have opened your eyes to new possibilities and considered what might hold you back; how will you proceed?

But what if I fail again? What if you succeed?

What if I get scared? Do it scared.

What if.....

What ifs are strong. You are stronger.

Consider moving forward. Take the first step, no matter how scary.

“All that you accomplish or fail to accomplish with your life is the direct result of your thoughts. You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.”

- James Allen “As A Man Thinketh”

In the image below, fill in the bubbles with the truths you have found.



Suggested activity:

Stand before a mirror, look yourself in the eye and declare these to be true. Say it loud. Say it often.

What do you hear? Where is that voice coming from? Is it a LIE? Is it TRUTH? **You** get to decide what you will believe.

The voice you believe will determine the future you experience.

-Steven Furtick, "Crash the Chatterbox"

Listen carefully. *Your own ears will hear him. Right behind you a voice will say, "This is the way you should go"..... Isaiah 30:21*

Suggested activity:

On an index card, write the lie you hear.

On the other side, write the truth. It could be a phrase of confirmation or a verse.

Keep these handy. When the lie roars, defeat it with the truth.

Therefore do not through away your confidence. Heb 10:35

You need to persevere.... Heb 10_36

For God gave us (me) a spirit not of fear but of power and love and self-control – 2 Timothy 1:7

So we can confidently say, "The Lord is my helper, I will not fear; what can man do to me?" Hebrews 13:6

Let no corrupting talk come out of your mouth... Eph 4:29

And I am sure of this, that he who began a good work in you will bring it to completion... Phil 1:6

You did it! You found one lie, just one, and you faced it down.

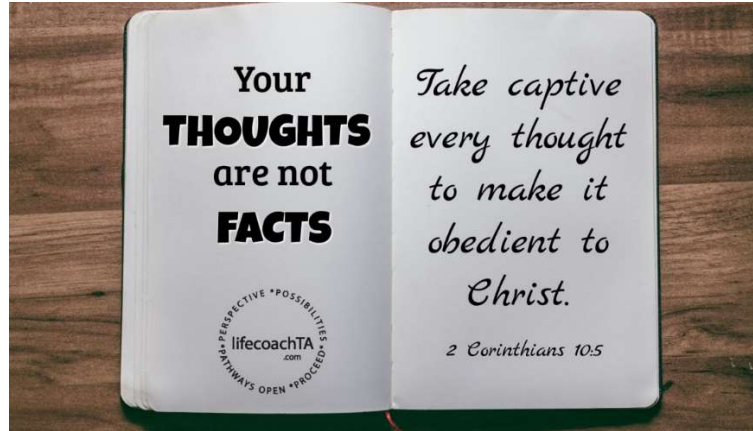
Are you ready? Go back to step 1. Begin the process all over again.

Which lie will you defeat today?

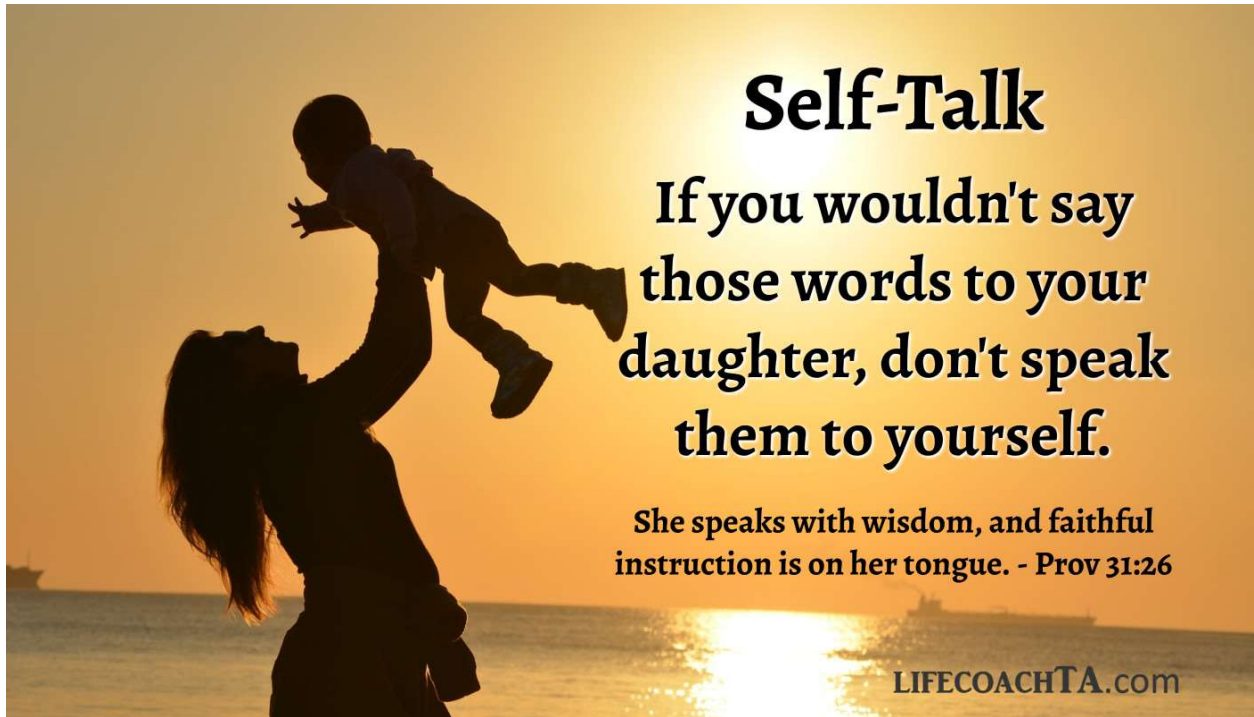
**Don't believe
everything
you think.**

Guard your thoughts. - Prov 4:23

Defeat the LIES of Negative Self-Talk



Write phrases and Scripture to remind you to 'guard your thoughts'.



Self-Talk

If you wouldn't say those words to your daughter, don't speak them to yourself.

She speaks with wisdom, and faithful instruction is on her tongue. - Prov 31:26

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...Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

Ephesians 4:29 (NLT)

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Meet TerryAnn

I have no big testimony. I live a simple life. I often wonder how God can use someone who enjoys yarn crafts and loves teddy bears. Then I found the verse in Matthew 18 about seeking Him 'like a little child'. To me this means look for His love, mercies, and grace in the simple things.

Marrying at 18, and mothering 2 beautiful girls, I divorced. A few years later I remarried and on the day before my 11th anniversary, was suddenly a widow. Right now my husband, Reed, and I are in our 22nd year of marriage. My beautiful daughters are now married with children of their own, allowing me to experience the joy of being a grandmother.

Suffering chronic back pain, I left the corporate workplace. I now use my strength of helping others find their self-worth with a coaching presence. It is in this experience I have learned the most about my life – about who, and whose, I am.

God can still use me to His glory by walking through life alongside others. "The blessing of helping others to find themselves helps me cope with the pain, helps to fight off the depression that often accompanies chronic conditions, and keeps me focused on Christ.

I am a Certified Professional Life Coach through Professional Christian Coach Institute, helping women from all walks of life move forward from where they are now, to where she and God desire her to be.

Together we can defeat the *LIES* of negative self-talk by looking with a new **PERSPECTIVE** revealing **POSSIBILITIES** and opening **PATHWAYS** onto which you can *CHOOSE* to **PROCEED** in *TRUTH*.