

Freedom from Emotional Eating; *Changing your relationship with food*



Critical Self Talk

Hmm, we all know this one! The voice in our head that likes to keep us in our place, stop us soaring, makes us feel small just as we were feeling good, tells us we look fat/ugly etc when we look in the mirror! Negative self talk is one of the hardest habits to break *because we often don't even notice that we are doing it!*

This habit can keep us stuck and unfulfilled. Why would we try to be our best self when the little (maybe big) voices inside our heads tell us we are not good enough?

The way we talk to ourselves would never be expressed to anyone else. We would never talk to our child, spouse or best friend like that.

Imagine for a moment a child; fresh, innocent, bright, happy, loving, experiencing the world, exploring it's environment, learning, growing, becoming more of themselves as they grow. Now imagine that child being told (or even shown in deed) all the negative things you tell yourself on a daily, weekly, monthly basis.

What do you see, feel, sense about them?

Are they as shiny? As confident? As happy? As affectionate? Do they feel confident enough to explore and experiment?

Are they more dull, more shy, less confident in their abilities, wary of the world?

How does that make you feel?

Personally, I want to rush in and tell that child that they are a magical, beautiful, wonderful human being and that to believe different is to deny their unique gift to the world. They can be and do whatever they set their hearts on.

So, it's time to externalise those thoughts/voices and see them in black and white.

A small exercise: get a paper and pen and jot down:

- 10-20 words to describe your body
- 10-20 words to describe you

It's time to do some tapping on any negative words that arise. In doing so, the hidden hurtful truth of what you say to yourself is brought into the light and is shared. As is the realisation that they are not a truth, just an opinion or thought that you have taken on to be true, the hold that they have had on you will be released.

"Even though I believe I am (insert most emotive word here) I acknowledge that this may not be true and I am learning to love and accept myself"

As you move through how those words make you feel, start to take their power away. Who first said them? Perhaps that person was having a bad day, was unkind, or didn't realise then impact it would have.

Either way it's their thought, their judgement and not yours. Let's give it back. "Return to sender, with love and consciousness" If it's your thought, your belief, start to tap on "even though I have this idea about myself, maybe it's time to chose to see that I can change my views and I can release this pain"

Now try tapping on being/feeling enough.

- "Maybe I am enough"
- "Maybe I could choose to see that I am enough" progressing to
- "I chose to know that I am enough" and "I am enough, I am always enough".

Know that you are enough, you always were enough, and you always will be

When you start to view yourself from this point of view, you become less contracted, less tense, less resistant to flow.

As you relax, your energy expands, you feel more open and interested in other things, you start to flow, and you understand and hear yourself more clearly. Your body can heal itself and you can flourish. While your body is in fight/flight/freeze (which critical self talk is part of) it cannot heal itself, but remove that block and you can start to be the REAL beautiful, shining person that you are.

Help to expel the negative self talk

Apart from using EFT, and the "I am enough" mantra, perhaps you could create a character that banishes the unhelpful words/critical elf talk?

What special powers does that character have?

Or perhaps you just want a special symbol or magical tool?

This is absolutely your creation to help you banish/silence that self talk. Play with it! Do whatever works for you!

My special character is from JK Rowling's Harry Potter; I ask Dobby the House Elf to disarm ("expelliarmus") and "stupefy" those thoughts and make them powerless. It stops them making a sound, getting close to me, and hurting me. They are then locked away from me behind big iron gates. But to start with, I needed Professor Dumbledore to help with the truth, the wisdom of the thoughts, so that I could begin to detangle truth from opinion.