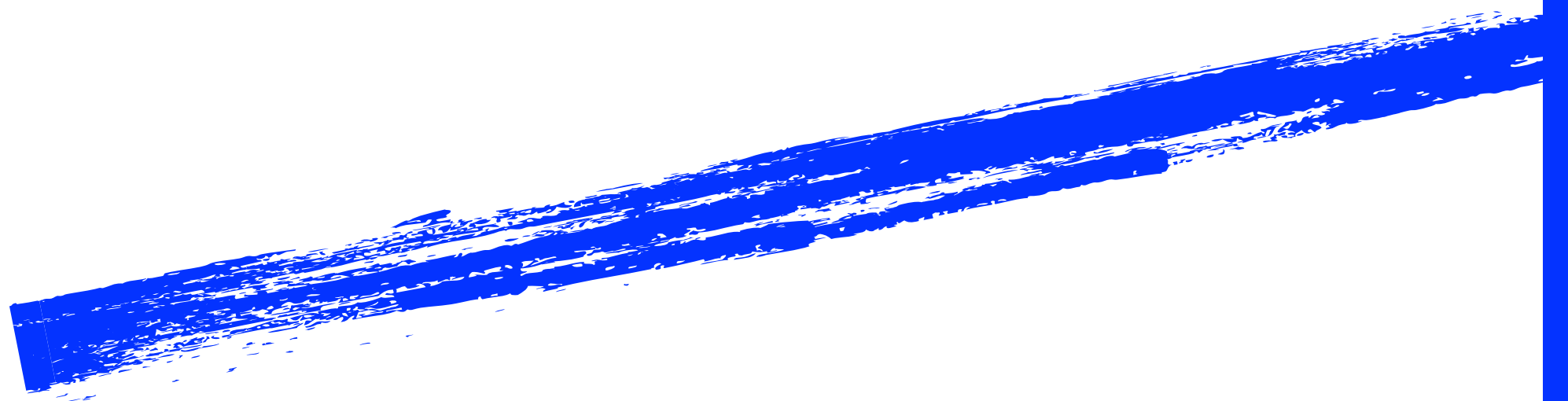


ANIL DAGIA

**CHANGE YOUR MIND
CREATE YOUR REALITY**



**Simple questions to change your
negative self-talk.**

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What is negative self-talk?

Self-talk is the act of using words and phrases while thinking or talking to yourself. Self-talk is a normal process that all humans use. However, negative emotional states occur when your self-talk becomes negative and when it is used to reinforce some irrational ideas that you might have already had about yourself.

Much of your self-talk may be reasonable. However, some of this self-talk might be negative, unrealistic or self-defeating — like - 'I'm going to fail for sure', or - 'I didn't play well! I'm hopeless'.

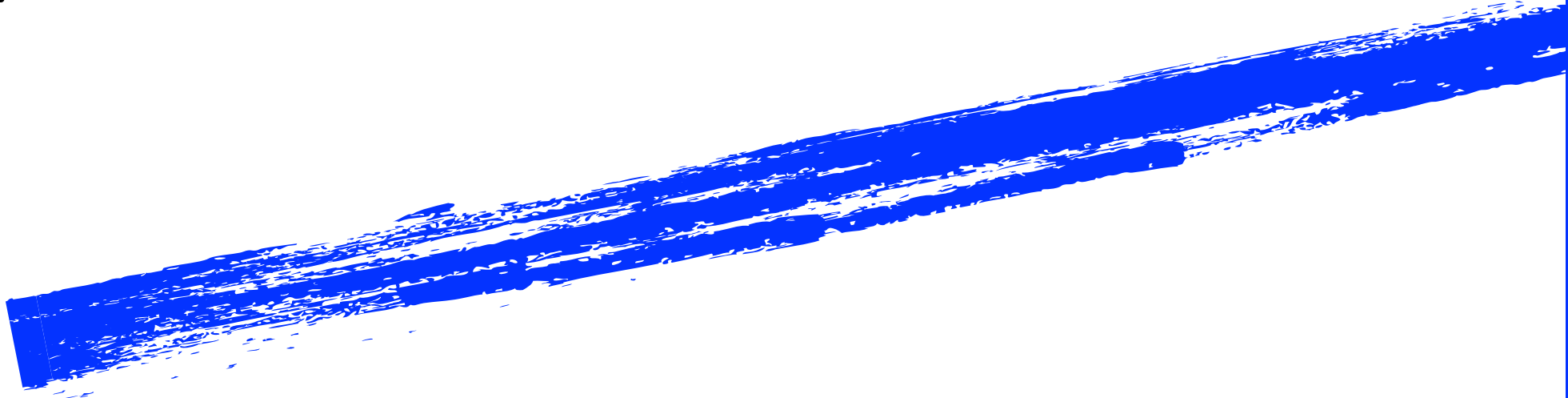
When your self-talk is skewed towards the negative, it is likely that you interpret things negatively. That's why it's useful to challenge some of the negative aspects of thinking.

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Challenging your negative self-talk

Much of this negative self-talk can either be considered as beliefs rather than facts or at the very least you would find several limiting beliefs and assumptions which lead to the build-up of this negative self-talk in you. You start by identifying your negative self-talk.

Several questions can be asked to challenge this negative self-talk. Some of these have been listed and you can use any/all of them as appropriate to your context.



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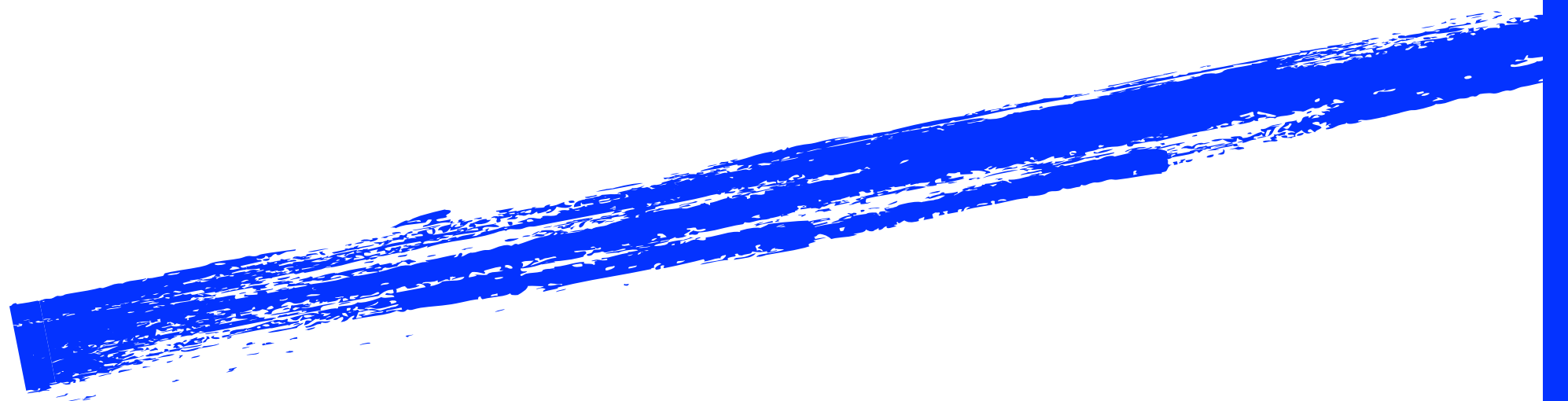
Reality testing

What is your evidence for and against your thinking?

Are your thoughts factual, or are they just your interpretations? How have you determined them to be facts? Could that be wrong? In what way could it be wrong?

Are you jumping to negative conclusions?

How can you find out if your thoughts are actually true?



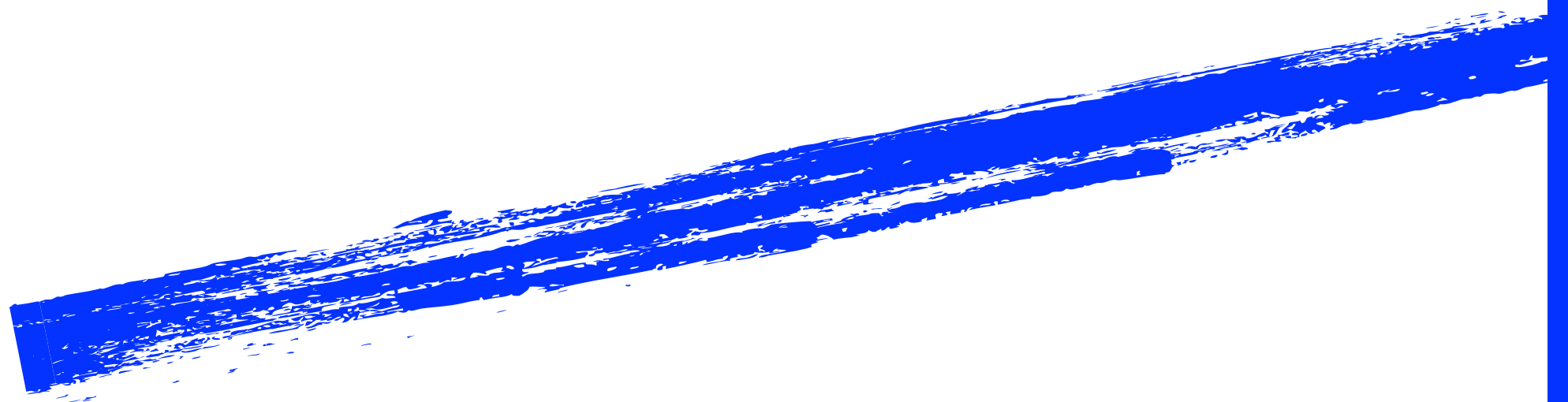
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Look for alternative explanations

Are there any other ways that you could look at this situation?

What else could this mean?

If you were being positive, how would you perceive this situation?

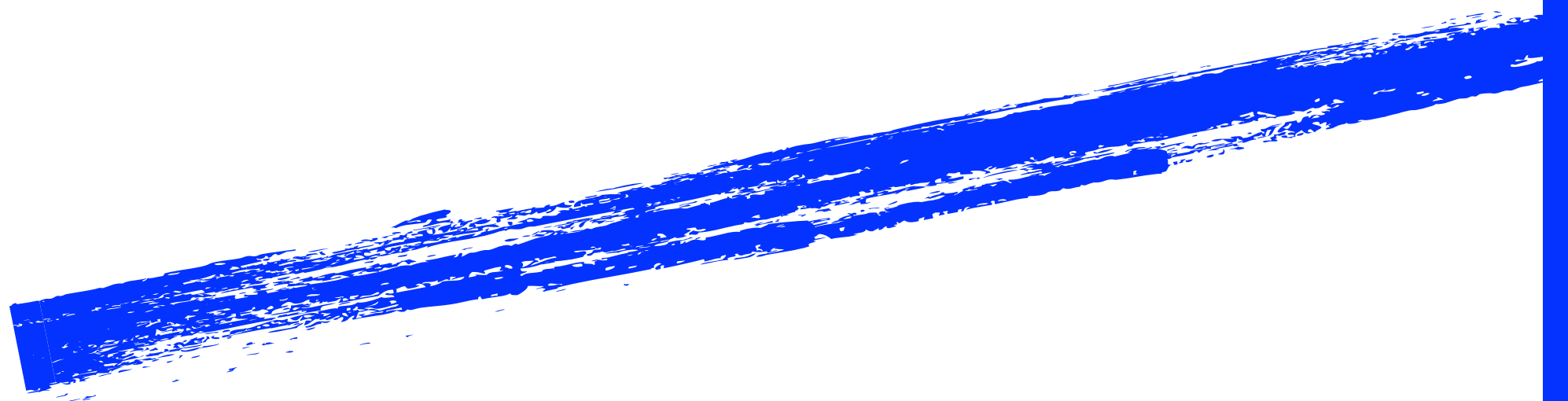


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Putting it in perspective

Will this matter in five years' time?

Will this matter if you had only the next 24 hours to live?



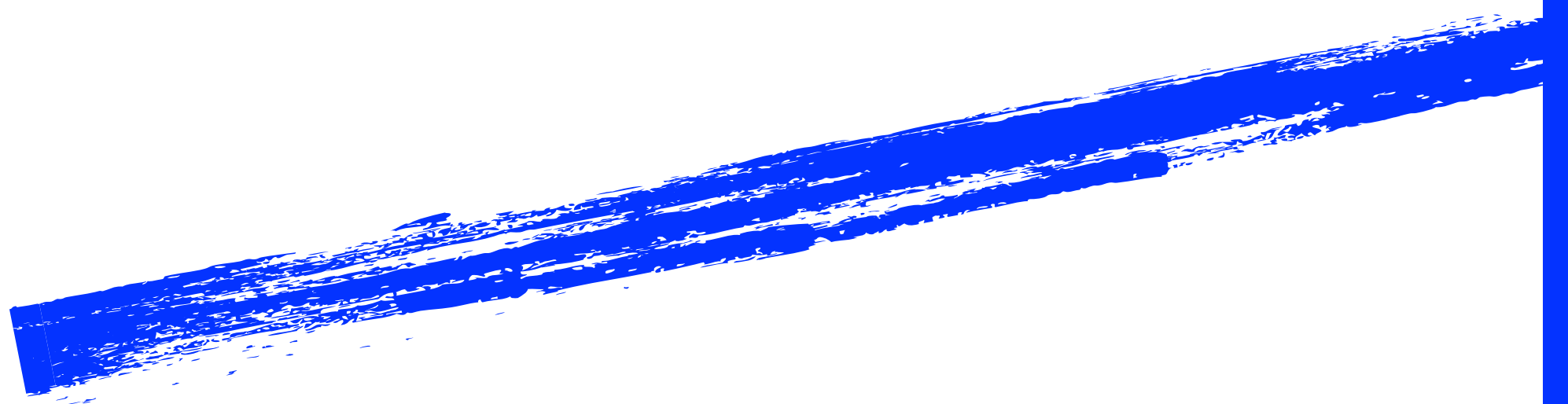
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Use goal directed thinking

Is thinking this way helping you to feel good or to achieve your goals?

What can you do that will help you to solve the problem?

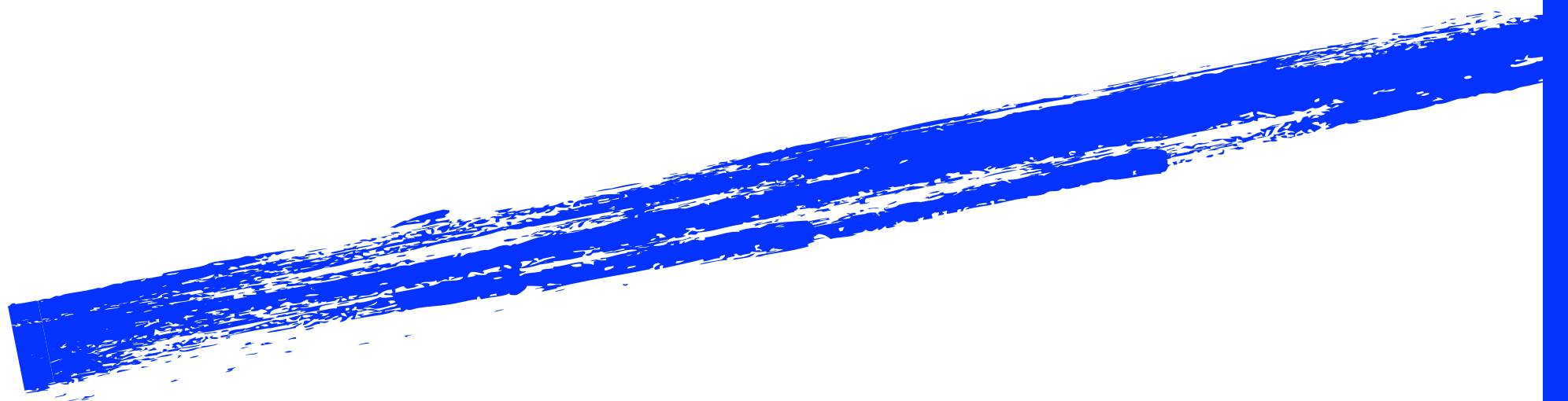
Can you learn something from this situation that can help you do better next time?



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Reframing

Reframing means that you consciously choose to identify a new meaning to what you have observed as an event. This necessarily requires you to first become aware of the distinction, the difference between what you have observed as an event and what is the meaning or significance you have chosen, by default for that event.



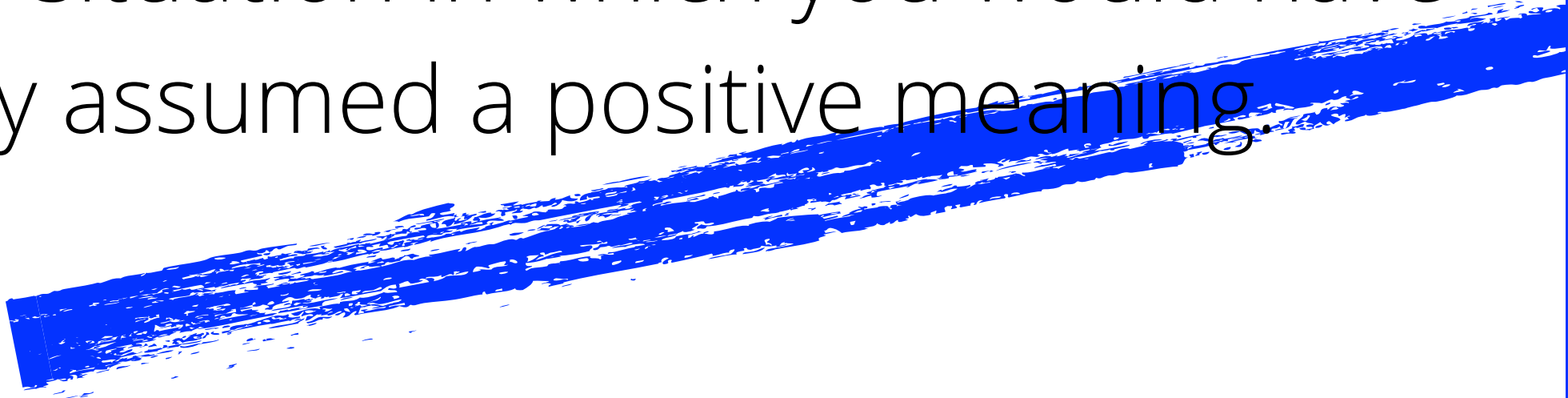
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How to Reframe?

During your conversations with people (or yourself), notice the times when you have attached a negative or disempowering meaning to an event or situation you have observed.

For that event, ask yourself what could be another meaning, which if you had chosen then it would have been a positive or at-least a neutral if not positive, meaning

For that event, ask yourself what would be another situation in which you would have naturally assumed a positive meaning.



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Multi-sensory Visualization

Imagine in your mind that you have already achieved a result you had been wanting to achieve for a long time.

While doing this imagination:

- 1) Imagine you are part of a movie in which you have already achieved the results
- 2) Imagine speaking and hearing the dialogues of this movie
- 3) Imagine the physical sensations and emotional feelings you will have when you have already achieved this result
- 4) Do this imagination for at-least 5 minutes daily.

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