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Talk to Yourself Like You're Worth It and You Will Be!
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"If you talked to your friends the way you talk to yourself, how many friends would you have?" This question from a close friend stopped me in my tracks. It stopped my mental attack on myself. For a blissful moment, the inner critic shut up.

Self talk. We all do it. We run tapes, words, messages over and over, day after day. Months and years of conditioning. Training our minds.

Luckily, we can choose how we condition and direct our minds by choosing the language, the words.

Creating a positive mental environment is like having a safe, comfortable, happy home to live in. It produces secure, loving, successful children and adults.

Recently, I saw the book, "Your Body Believes Every Word You Say" by Barbara Levine. Are you saying, "I'm healthy, I'm energetic and beautiful"? How does that compare to, "I'm fat, I'm tired, I look awful"? Your mind is more powerful than any computer. Program it for success.

Positive self talk is fun and exhilarating. It lifts you up. With it, you can cross the bridge from, "poor me, life sucks, there's never enough (love, money or time)", to "I'm glad to be alive, my life is filled with miracles and there's always enough for me".

You are the only thinker in your mind. What we focus on increases. You can change your experiences by changing your focus. I learned this valuable lesson the hard way.

For a couple of years, I found myself a drama queen, a magnet for bad luck, a poster child for Murphy's law, "If it can go wrong, it will." I felt trapped by bad luck, with everything from car problems, a sick daughter, leaking roof, a broken heart and smashed ego, to rats in my kitchen. The night the rats first came in I made a choice. I deserved better. Period. No more feeding the bad luck. I began to follow the advice of my brother-in-law. He had said, "Pay attention to what's working in your life."

I forced myself to look for what was working. I admitted that I had good health and was close to my family. And really, those were the two most important things anyway. I re-trained my mind to look for and talk about good.

Changing my focus was scary. It was more fun to complain and tell my hard luck story. I got a lot of sympathy and a lot of laughs. And a lot more bad luck.

So I shut up. No more dwelling on the latest catastrophe. I began to stand guard at the door of my mind. And the power began to recede from the trauma. When I washed my hair, instead of worrying how I'd pay the bills, I would think, "I choose heavenly thoughts." Those thoughts were far more fun than wondering if the car would start.

Gradually my "luck" changed. Miracles happened. I was blessed with a lovely, dry (rodent free!), new home. My daughter healed and so did my heart.

My counselor gave me examples of inner language to use when I slipped back

into old, self-defeating inner dialogue. I would tell myself, “Those old ways didn’t work, and now I’m choosing a new way to live. I’m taking care of myself. I’m proud of myself. I’m talented and resourceful.”

Now, I notice when I fall into a slump that I’m not being kind to myself with words. The inner critic is back in charge. At these times I’m learning to ask myself questions like I would ask a child or close friend with problems. “What’s going on? What do you need? Are you sabotaging your success?” Or I take a strong, protective stance and say clearly, “That is old thinking. I deserve success and good things in life.” I tell the critical voice to leave and don’t bother to write.

It also helps to replay the encouraging voices of friends. When my friend Sally heard I was sending manuscripts to publishers, she was enthusiastic. “Good girl! You GO GIRL!”

I use her words as a mantra to replace doubts and negative thinking. “You go girl! Good for you. I know you can do it!”

The Bible says, “As a man thinketh, so he doith.”

2500 years ago, Buddha said, “You are what you think.”

Do you talk to yourself like a guest or a slave? Listen to your words. Choose friendly self-talk to create a more peaceful, joyous life.

Health tip of the week: Think of a time when you felt really proud of a loved one. What words did you say to acknowledge his or her achievement? What feelings do you have when you remember his or her success? Now, direct the same words and feelings toward yourself. Either for a specific achievement, or just for a pat on the back for where you are at today. Be kind to yourself with words to create a positive, supportive relationship with yourself.

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