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Lower Disempowering Self Talk (LDST)

Do you find that you have been even more judgemental than usual? Are you blaming yourself and are you feeling ashamed or guilty? Do you hear yourself saying I should have (fill in the blank)? Are your negative thoughts on loud speaker? Do you find they are running the show and you just don't know how to silence them?

Your Lower Disempowering Self Talk is sly and it can often be tricky to identify at first. Pause for a moment... can you hear it? Yes that is it! It is that internal dialogue you are having with yourself. Your Lower Disempowering Self Talk is the internal conversation you are having with yourself *about* yourself. It's the critical and judgemental inner talk. AND, it is highly problematic, and this is because it LIES. That is correct, it lies all of the time. This self talk is very sneaky because the statements that you are repeating to yourself appears to be so truthful. Not only does it sound truthful but because it also appear so accurate the critiques actually sound helpful and even useful. They certainly do not come across as cruel or unwarranted. With a closer look, you will even see how you have been collected evidence to prove that these statements are accurate, truthful and even thought provoking. Yet they are not. They are not the truth or helpful in any way. Your Lower Disempowering Self Talk is actually very unkind, judgmental, critical; and is lying to you all of the time. These negative abusive thoughts are hurtful, depleting your energy, self worth and personal value. This will lead to extreme shame and lack of control, leaving you feeling victimized.

To identify your Lower Disempowering Self Talk requires some deeper self awareness. One way to begin noticing when your Lower Disempowering Self Talk is at play is by noticing how these words make you feel. Ask yourself if what you are saying about yourself energizes you or does it zap your energy? Does it make you feel good about yourself or does it leave you depleted, exhausted, invalidated and overall crappy? These hurtful comments and judgements are making your divorce grief worse, they make you feel awful, causing unnecessary pain. Your tough love approach is detrimental to your healing process and could in fact prevent you from ever healing and moving forward. This tough love approach isn't working.

You have spent months, weeks, days, hours and minutes judging and critiquing what you did or didn't do. You've spent most of your waking hours ruminating about your past actions thinking you should have done something different. You've ruminated about your past and you constantly worry about your future. You are anxious and fearful about the unknown future. You

are caught in a constant looping cycle of the past and your future. You go back and forth between your past and your future, and then your future to your past again and again. It's exhausting and it's time to stop this. Begin the practice of being PRESENT: It's in being present that your healing begins.

***You can't heal wishing you did something different in the past. The past is the past and you cannot change it. AND... you have no control over the future, the future has not yet arrive, it is unknown.**

Your internal dialogue is very sneaky and secretive, meaning you are not likely sharing the types of things you are saying to yourself with anyone else. It's embarrassing, you are not around others saying that you think you are a screw up and a loser for example.

Stopping The Cycle:

Here are some of the things you might be saying to yourself, it's time to notice what you are saying. It is not nice or kind and it can be very subtle and sneaky.

I'm so stupid?	I'm not enough
I'm all alone	I'm a loser
I'll never be happy again	I should have known
I'm useless	I'm a fool
It's all my fault	I'm an embarrassment
I'm such a screw up	I'm too old

Each of your statements are spoken as absolutes. There is no room for anything else, it is black and white, no grey area. Whenever you say I'm or I am or something related, can you notice that you are not saying 'sometimes', 'a little', 'on occasion', 'or lately'... You are saying I AM .This declaration means you are 100% whatever follows the I AM....stupid, alone, useless...

I am 100% stupid
I am 100% alone
I am 100% useless

Step 1: Begin noticing when you are have a Lower Disempowering Thought.

Notice without judgement and criticism - simply bring awareness to your thoughts. Up until now your thoughts have been unconscious. The key is to simply bring awareness to the things you are saying. Do not try and change them. Simply begin noticing what you are say about yourself. Become very aware of the things you are saying about yourself.

Step 2: Now, begin to poke holes in the Lower Disempowering Thought. Challenge it's accuracy.

- Is it true?
- Is it absolutely true?
- Is there proof when this isn't true?

For example:

- a) I'm alone... Is this this 100% true?
 - Are there times when you are not alone?
 - Are you actually alone?
- b) I'll never be happy again... Is this true, is this 100% true?
 - How can you predict the future
 - What is happiness?
 - Was I happy before?

Step 3: Create a Truer Statement

For example:

I'm alone:

- Sometimes I'm alone; and sometimes I'm with people
- I'm no longer with my 'ex'
- Right now I feel lonely

I'll never be happy again

- I don't know how happy I'll be in the future, this is impossible to predict.
- I'm happy and sometimes I'm not happy
- Maybe I actually want peace and kindness not 'happiness
- I'm not sure what I even mean by happy