

Self-talk, What A Tool to Cope and Achieve!!!

By Dania Dbaiibo Darwish

I lately finished reading a book entitled “The Power of Your Subconscious Mind” by Dr. J. Murphy. Not only did I enjoy the read, I was reminded by the power of positive self-talk. This easy to use tool can be used by people as they set their minds into achieving certain goals. In a nut shell, the author suggests that you empower yourself most when you repeatedly affirm to yourself that you are going to succeed on a specific task. Affirmations are declarations that something is already true (mainly a positive outcome). When repeatedly practiced, these become like a prayer and direct your subconscious energy towards that which you aspire.

I loved that logic. It belongs to the realm of positive psychology helping people not only grow per se, but overcome maladaptive thinking patterns. In psychotherapy, positive self-talk is a technique used to overcome fear in its diverse forms. It is also used to surmount depression and promote a better view of the self, the world, and the future. Even well functioning people are encouraged to use positive self-talk when negative emotions hover over their life situations (e.g. self-pity, anger, despair, blame, failure, etc....). Simply assuring yourself that this state is only transient and that you are capable of overcoming your negative emotion ASAP will mobilize you into a more powerful state.

For this affirmation to work, though, you need to believe in your ability to in fact deal with the situation. Your subconscious will know you're bluffing if you didn't have full conviction in your dexterity. It's not easily fooled. So, engage yourself with daily positive affirmations. These will be your arm against stressors and negative feelings of all sorts. Practice affirmations until it becomes a habit. Such habits play part in constituting your character. Your character, then, defines your approach to life and your coping mechanisms in face of setbacks. Remember, it takes 21 consecutive days to establish a behavior as a habit. Are you ready to make positive self-talk a habit and mold it into your character as of now? If so, start today without delay.....

