

The Omnipotence of Self-Talk (2)

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As you read these lines, don't you hear your own voice in a whisper like tone echoing behind your eyeballs? Most probably you do; and it is not deliberate. You're always engaged in self-talk and despite this being a characteristic of your mental chatter, you seldom monitor it or pay attention to. This is the way you think. That voice creates your inner idiosyncratic world; so private no one knows what's going on in there.

HOW ABOUT WHEN YOU READ THESE LINES NOW?? WITH ALL THE LETTERS WRITTEN IN CAPITALS?? DID THE TONE OF THAT VOICE INCREASE IN VOLUME SOMEHOW? I bet it did. The tone of your self-talk changes volume all the time. Similarly, the type of language you use varies. Like it or not, your mind is constantly buzzing with thoughts and ideas. Your internal dialogue is quite a phenomenon of the mind; however, it is a double edged sword. It can be your best friend or your worst enemy. It steers your emotions and is the commander in chief of your behavior. Let me elaborate.

Think for a moment about a time when you did a grave mistake. Did you drone in endless self-reprimand? Did your self-talk resemble barking orders at yourself like an angry mother whose child had just dreadfully misbehaved? What sort of language did you use? How did that make you feel? Guilty as hell, right? Words like "Shame on you" and other inflammatory accusations could ignite a sense of being a failure. Invective language can swallow your self-esteem. How can you later be confident in anything you do? This activates a cycle of hesitation and inadequacy in dealing with the new.

Now, can you recall a time when you applauded yourself on a job well done? You probably used affirmative language recounted in the sweetest cheerful, even, sexiest tone ever. Your positive self-talk compounded your feelings of triumph till you were full to the brim. This process may have sent waves of euphoria to the rest of your body till you were ecstatically numb. And what a feeling! What a state to

experience! It gives you an impetus towards further action. Now you're full of yourself; more confident in doing the right things.

These are but few examples to demonstrate the influence of your inner voice on your feelings. Your emotions are so tied up to your self-talk; and consequently so are your actions. You not only engage in external battles with opponents or situations; you top it up by internal mental battles between thoughts that may sway you in disperse directions. There's a dialogue running in your head constantly and it ranges from minor assessments of what you or others do, to making all sorts of decisions. You internally speak the ideas roaming in your head. You tell yourself what to do or how to do it. Your internal dialogue can focus your attention narrowly or makes you open to a world of new possibilities. It can cripple you dead, or serve you well.

Your self-talk makes you an almighty human being. Change your inner dialogue when you're feeling down and your mood changes. To err is human, but you don't need to keep whipping yourself for something past and done. "Note taken, I'll learn from it" and then move on..... If you aspired to keep empowering yourself, you need to be a master of your thoughts. Change your language and be gentle with yourselves before your self-criticism escalates into self-destruction. And when negative self-talk seeps in, refuse to empower it by denying it further energy. Stop, and change that detrimental chitchat.

If you hadn't before, start paying attention to that inner voice of yours. Befriend it and use it as a tool to appease you, guide you, and pull you towards progress. After all, self-hypnosis lies squarely on such self-talk. It's what you want to become that you tell yourself. It's the new "to be created you" that you converse about. And you don't have to be hypnotizing yourself to change your inner language to affirmative statements. Just practice positive self-talk until it becomes an iron-clad ritual that works for you: not against you.

