

stop talking sh!t to yourself

Help your inner champion get louder than your inner tyrant

1. When you feel your internal shit-talk start up, imagine sitting down across a table from your inner tyrant, with a cup of tea for you both.
2. Assume that your inner tyrant is a form of wisdom wrapped up in a prickly package — a sheep in wolf's clothing.

Adopt an attitude of welcoming and curiosity toward it.

3. Then, inquire:

If you, O shit-talking inner tyrant sheep-in-wolf's-clothing, are wise (rather than bad and dangerous), what might your wisdom be for me?

What might you be pointing to?

What might you be alerting me to?

What might you be protecting me from?

What might you be trying to reveal to me?

What key information might you be attempting to share with me?

4. Write down the responses you get, or just enjoy the dialogue.