

Write from the Deep
Karen Ball & Erin Taylor Young
Going Deeper Workshop: Overcoming Damaging Self-Talk

Overview

God's creative power is in words, especially in those we say to ourselves. Words can breathe truth—or lies—into our hearts and spirits. Come learn how to harness negative self-talk and turn those words into a vehicle of encouragement and empowerment.

In this course, you'll learn:

- What negative self-talk is and why it's so dangerous to your writer's heart
- How and why it's damaging
- How damaging self-talk sneaks into our routines without us even realizing it so we operate with lies undermining us
- How to combat damaging self-talk and walk more confidently than ever in the truth God has for you

Audio segment list:

1. The Power of Words (22:08)
2. The Power of Words: Action Steps (12:44)
3. Dealing with Lies (18:20)
4. Dealing with Lies: Action Steps (13:19)
5. Developing an Effective Mindset (16:44)
6. Developing an Effective Mindset: Action Steps (9:43)
7. When Feelings Spawn Damaging Self-Talk (8:31)
8. When Feelings Spawn Damaging Self-Talk: Action Steps (4:33)
9. You *Can* Rescript Your Tapes (8:32)
10. You *Can* Rescript Your Tapes: Action Steps (9:31)
11. When Ego Protection Sabotages You (7:33)
12. When Ego Protection Sabotages You: Action Steps (11:31)
13. Fear: The Fuel Behind Damaging Self-Talk (19:28)
14. Fear: The Fuel Behind Damaging Self-Talk: Action Steps (9:00)
15. Developing a Habit of Positive Self-Talk (19:56)
16. Final Tips for Implementing Your Strategy (2:56)

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Segment 1: The Power of Words

What is damaging self-talk?

- Negative words you say to yourself—that you take in, or repeat, or give ear to, or think, or believe—that aren't true, or aren't *fully* true
- Words that sabotage you, distract you, discourage you, derail you
 - Caveat: Sometimes the truth can hurt and discourage us, but it isn't meant to undermine us. The goal is for restoration instead of to beat us down.

Why does what we say to ourselves and about ourselves matter?

- We're writers. Words are important to us.
- Words have power.
 - “When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.” James 3:3-10
- Your heart has a terrible time recovering from the assault of negative self-talk.
 - “Reckless words pierce like a sword...” Proverbs 12:18a
- God takes our words seriously.
 - “I tell you, on the day of judgment people will give account for every careless word they speak.” Matthew 12:36

- God’s creative power is in words.
 - “The Lord merely spoke and the heavens were created. He breathed the word and all the stars were born.” Psalm 33:6
- Over and over God evaluates the creation He speaks into existence.
 - “...And God saw that it was good.” Genesis 1:18

What does God want us to do with the power of words?

- We need to breathe truth into our hearts and spirits so it becomes a powerful vehicle of encouragement and empowerment.
- We need to use the power of words for good.
 - “With the same tongue we praise our Lord and Father, and with it we curse human beings...” James 3:9
 - “Reckless words pierce like a sword, but the tongue of the wise brings healing.” Proverbs 12:18
 - “Encourage one another daily as long as it is called today so that none of you may be hardened by sin’s deceitfulness.” Hebrews 3:14
- We’re meant to glorify God by speaking truth in our hearts and minds.
 - “Behold, you delight in truth in the inward being...” Psalm 51:6
 - “Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.” Psalm 19:14
- We’re meant to live in harmony with His truth. To speak it, know it, and walk it deep inside.
- Negative self-talk stemming from lies and fears suppresses the truth.
- Suppressing the truth is one of the reasons for God’s wrath on this world.
 - “The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness...” Romans 1:18
- As writers, we have truth to share with the world, and the enemy wants to shut us up.

What if we don't live and breathe truth?

- We're perpetuating lies.
- In a BBC.com article titled "[How Liars Create the Illusion of Truth](#)," psychologist Tom Stafford says this about The Illusion of Truth Effect: "Repetition makes a fact SEEM more true regardless of whether it is or not."
- *Whatever someone believes to be true is true in its consequences*—a paraphrase of social psychologist W. I. Thomas's theorem
 - This means we act according to what we believe about ourselves.
- The more something is repeated, the more it seems true, the more it seems true, the more we believe it and act in accordance with it. We act as if it *is* true.