

**Write from the Deep**  
**Karen Ball & Erin Taylor Young**  
**Going Deeper Workshop: Overcoming Damaging Self-Talk**  
**Segment 16: Final Tips for Implementing Your Strategy**

Congratulations on making it to the last segment. You've done a lot of hard work to get here. Great job!

We have some final tips for putting all this into practice:

- You probably have several messy papers filled with red letters and crossed out sentences and new words of truth written below. Save these! Keep using them.
  - Whenever ugly new sentences spring to life, keep up the practice of writing them down and analyzing them so you can find the best way to tackle them.
  - Keep your truths handy. The truth is the power to break strongholds.
- Continue to create new habits or routines as necessary to pre-empt negative self-talk. Keep your battle plans handy.
- Give yourself grace but not tolerance. That's crucial.
  - We're all human. We're going to make the mistake of slipping into damaging self-talk.
  - When damaging self-talk starts, be willing to cut it off immediately and replace it with words that honor God and that honor you as His treasured child.
  - Don't beat yourself up over mistakes, but don't let the episode of negative talk continue.
- You CAN overcome damaging self-talk, but don't try to do it on your own.
  - The gospel is our hope for overcoming damaging self-talk.
  - "...if by the spirit you put to death the deeds of the flesh, you will live." Romans 8:13b
  - God equips you through the Holy Spirit living in you. Draw on Him, not on your own strength. You're His beloved child.
- Overcoming damaging self-talk is about:
  - reclaiming the truth of who you are in Christ,
  - reclaiming the truth of who GOD is,
  - using the power of words for good!

**[We'd love to hear what you thought about this workshop! Please take our short survey!](#)**