

Write from the Deep
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Going Deeper Workshop: Overcoming Damaging Self-Talk
Segment 7: When Feelings Spawn Damaging Self-Talk

God is 100% for us.

- He made us, He loves us, He values us.
- Jesus proved how much He loved us by dying for us.
- “What then shall we say to these things? If God is for us, who can be against us?” Romans 8:31

Unfortunately, we can be against ourselves.

- Damaging self-talk is a form of you against yourself.
- Damaging self-talk is a form of self-sabotage.
 - Self-sabotage is any action that gets in the way of achieving your goals.

Why do we sabotage ourselves? Sometimes we have negative feelings about ourselves. Our negative self-talk is giving voice to those feelings.

- It’s an emotional reaction. We make mistakes, we get frustrated, we feel inadequate, etc.
- We give voice to those feelings. “I’m such an idiot!”
 - That is slander. We’re maligning a creature made in God’s image.
 - That is also perpetuating a lie. We may have done something unwise, but that doesn’t make us an idiot.

The way we feel affects what comes out of our mouths.

- We can’t erase feelings. But *wallowing* in feelings is dangerous, especially when they stem from lies.
- Wallowing in feelings causes distraction. It derails us.
 - For example, we don’t have the energy and the drive to write so we don’t write that day, or the next, or maybe even that week or month.
 - Or we don’t *feel* like we’ll write anything good so we don’t even try.

- This becomes self-sabotage because we didn't accomplish anything toward our goals.

It's okay to admit our feelings. Feelings are powerful, and real, but they're a poor indicator of the truth.

- “*I feel dumb*” isn't the same thing as “*I am dumb*.”
 - The first statement is an admission of how we feel. That's fine to do.
 - The second statement is a value judgment about ourselves based on what we feel, which is not an indicator of truth. We need to avoid that.
- Overcome damaging self-talk by acknowledging the feeling: “I feel dumb.” Then you must recognize the truth: “But I'm NOT dumb, even if I feel that way sometimes. Feelings don't dictate truth.”

Sometimes, rather than saying anything, the best thing we can do is recognize when we're wallowing in feelings and just be quiet and wait for a calm spirit to settle.

- “If only you would be altogether silent! For you, that would be wisdom.” Job 13:5
- Yes, it's hard to be objective and recognize wallowing when we feel bad. It's hard to silence reactive words in a wash of negative emotion.
 - Ask God's help. This is crucial.
 - You can learn to do this better over time.