

**Write from the Deep**  
**Karen Ball & Erin Taylor Young**  
**Going Deeper Workshop: Overcoming Damaging Self-Talk**  
**Segment 9: You *Can* Rescript Your Tapes**

You can rescript your tapes:

- Tapes deep in your heart and mind
- Tapes that have been playing for most of your life, singing lies to you over and over
- Tapes that spark to life the minute you start to gain ground
- Recurring tapes that attack your identity, that have even shaped your identity

Whatever your tape is, once it's triggered, it just keeps playing:

- *I'm no good.*
- *I'm not worth anything.*
- *I'll never be good enough.*
- *I'm stupid.*
- *I'm ugly.*

Everything those negative tapes say to you is a lie!

- The trouble is we've heard it for so long that we buy into it.
- We're *comfortable* in that place, with that identity, with that excuse, because those tapes have become a kind of horrid companion, the voice we can always count on.

To escape those tapes, you must identify them and then rescript them.

- This very idea may seem overwhelming, or even frightening.
  - Our subconscious has drawn our identity from the messages of those tapes.
  - If you erase them, does that mean you're erasing who you are?
  - Who are you if you're not what those tapes say you are?
  - You're getting rid of the "known" and stepping into the unknown.

- What if the tapes are right? What if, in identifying them, you realize you've become the person they say you are? What then?
- Or what if who you really are is WORSE than the tapes have been saying?

These truths can uplift and prepare you if you feel overwhelmed or even afraid to rescript your tapes:

- Your negative tapes are keeping you in bondage to an image of yourself that was thrust upon you by someone else.
  - It's NOT what you would've chosen as an image of yourself.
  - If you had a clean slate, what would you want to write down in answer to the question "Who am I really?"
- Your negative tapes are NOT God's image of you. Look at Scripture to see that truth:
  - "But to all who believed Him and accepted Him, He gave the right to become children of God." John 1:12
  - "So now there is no condemnation for those who belong to Christ Jesus." Romans 8:1
  - "The Lord directs the steps of the godly. He delights in every detail of their lives." Psalm 37:23
  - "The Lord your God is in your midst, a mighty one who will save; He will rejoice over you with gladness; He will quiet you by His love; He will exult over you with loud singing." Zephaniah 3:17
- Nobody but God can tell you who you really are!

The messages of these tapes don't just mangle our self-image, they attack what we think about others.

- That way you're on your own. Your only ally is your tapes.
- These are some other-centered messages:
  - *I can't trust anyone to help me.*
  - *Every time I trust someone, they let me down. Better not to trust at all.*
  - *Men are dogs.*
  - *Cinderella was a liar. There is no happily ever after.*
  - *God doesn't care.*

- *God can't forgive me.*

You may think that, as adults, we should just be able to brush off the messages of those tapes. But psychological studies have shown that we don't react to these tapes as adults. We react to them the way we did when we first heard them, whatever age that was. It's those child emotions that control how you respond.

Recorded in the brain cells of every person are the "videotapes" of every childhood experience and feeling ... Dr. Wilder Penfield, a neurosurgeon, found that when he stimulated certain areas of the cerebral cortex, memories of past events came back in full detail, as if they were being played back on a videotape, complete with sound and the emotions ... It would seem that everything that ever happened to us, including those countless moments we thought were forgotten, has been recorded and stored ... Also, registered in our neurons from childhood are commands, prejudices, injunctions and rules for living ... These stored transcriptions can ... be "switched on" and replayed in the present as current feelings and behavior without being modified by our more grown-up experience, knowledge, and wisdom. (Howard Halpern, *Cutting Loose: An Adult's Guide to Coming to Terms with Your Parents*)

Old tapes trigger buried feelings and beliefs, bypassing the thinking part of our adult brain to slam us with whatever those negative messages are.

- Those messages stick because of repetition.
- Those messages seem like truth if we hear them often enough.
- We need to recognize we're in bondage; we're being lied to.
- We need to rescript those tapes with God's truth and let that truth repeat in place of the lies.

How can our negative tapes affect our ability to write?

- They undermine your confidence.
- They defeat you before you start.
- They make every difficulty harder—every bump in the road can set that tape playing.
- They create noise that interferes with your ability to hear and write truth for others.
- They undermine not just your belief in yourself, but your belief in God.

So are you ready to rescript? Go to the next segment for action steps!