

Write from the Deep
Karen Ball & Erin Taylor Young
Going Deeper Workshop: Overcoming Damaging Self-Talk
Segment 10: You *Can* Rescript Your Tapes: Action Steps

As you're exploring rescripting your tapes, you may start to feel you need some additional help. Neither Karen nor Erin is a counselor or psychologist. We've learned a lot from our own life experiences—including for Karen, 20 years of marriage counseling, which dealt with a lot of these issues, and for Erin, being married to these many years to a sociologist specializing in social psychology—but we both encourage you, if you realize you may need it, to seek help from a professional. Some of these issues can be so deep-seated they may require counseling to overcome.

Action Step 1

1. Take a hard look at your list of negative self-talk. Mark the ones that you realize now are tapes that have been playing, over and over. Write TAPE over them in big red letters. Even if you've already marked them as lies or self-sabotage, it's important that you also identify them as a recurring tapes.
2. Write down any new negative messages that you've realized are playing in your head, and if you haven't done so already, identify the core negative message of those tapes.
3. Prepare your heart to let God rescript your tapes and to receive His vision of you. He knows all things, His perception of you is truth, and it's God who gives you your identity.
 - a. Ask God what *His* picture of you is. Patiently, prayerfully, wait for His answer. Write it down. Say it aloud as well.
 - b. Ask God what He wants you to become. Patiently, prayerfully, wait for His answer. Write it down. Speak it.
 - c. Ask God: "What do you think of my writing?" Patiently, prayerfully, wait for His answer. Write it down and speak God's truth. (Thanks to Allen Arnold for suggesting this question.)
 - d. Remember, we can hear His voice. He will speak in His way, in His time.
4. If you have any core negative messages for which you haven't found a replacement in God's truth, find that truth now.
 - a. Look in Scripture, in writings from people of faith, or wherever you find positive, Bible-based truth to replace each negative tape.
 - b. Write the truth down under the lie.
5. When you're done, pray over your list of truths. Ask God to help you embed those truths in your heart and mind.
6. Read over your list of truths daily, maybe several times a day. Remember, repetition is important.

Action Step 2

Look at your negative tapes and dig deeper. Ask yourself what triggers these tapes to play?

- Is it a certain situation?
 - In the space below, write about that situation. Explore why it affects you the way it does.

 - Develop a game plan for either avoiding that situation or, if that's not possible, preparing for and recovering from it when it happens. Write down your game plan.

- Is it a certain phrase?
 - Again, prepare yourself by finding truths to combat it. First, list the phrase below.

- Now list truths to combat that phrase.

- Ask people not to use those words around you.

