

Write from the Deep
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Going Deeper Workshop: Overcoming Damaging Self-Talk
Segment 2: The Power of Words: Action Steps

We all battle those whispered words of defeat—the lies, the discouragement, etc. In order to defeat them, we have to take away their power. We have to recognize them for what they are: lies, half-truths, empty threats, etc.

This may seem hard, and even counter intuitive, but you must write down those terrible words that go through your mind. This is the first step to objectively analyzing them.

What do you hear that hurts you? That discourages you? That you can't shut off?

- Ask God to reveal the negative things you're embracing, or that you repeat to yourself, or that just seem to keep popping into your mind.
 - Write them on the lines provided on the next few pages—one example per prompt.
 - Be specific in what you write.
 - Leave the lines for “truths” blank for now. You'll fill them in throughout the course.
 - Some examples of damaging self-talk will come quickly to your mind. Some will be far more subtle.
 - Even if it seems like something small, if it's negative, write it down.

- You might need a few hours, or even a few days to collect your damaging self-talk. That's fine!
 - Go through your days, your writing times, paying attention to what you say and hear.
 - Cover this time in prayer, seeking God's protection.
 - These examples of negative self-talk don't have to be writing related. The techniques you'll learn for overcoming them work on everyday issues as well.
 - Remember, we're talking about sentences or words that keep rearing their ugly heads. You don't need to write down a random lie that pops into your head, which you're able to dismiss as quickly as it appears.

- When you feel you have the bulk of your worst talk on your list, go ahead and listen to the next segment. But keep your list handy. You're going to need it all the way through the workshop and beyond.
 - Don't forget to add anything new to your list that comes up in the future.

Damaging self-talk: _____

Truths: _____

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