

**Write from the Deep**  
**Karen Ball & Erin Taylor Young**  
**Going Deeper Workshop: Overcoming Damaging Self-Talk**  
**Segment 8: When Feelings Spawn Damaging Self-Talk: Action Steps**

**Action Step 1**

1. Look at your list of damaging self-talk. Identify words or sentences that stem from the heat of the moment. Your language may
  - a. be derogatory,
  - b. be overly adverbial, or
  - c. contain absolutes like *never* or *always* used in a dooming fashion: “I’ll *never* get this right.”
2. Write EMOTION in big red letters over any self-talk that stems primarily from emotion.
3. Evaluate that self-talk to decide what the objective truth is regardless of feelings.
4. In the lines below the damaging self-talk, write new sentences that acknowledge how you *feel* but that make the truth clear. Here’s an example: “I *feel* like I’ll never get this right, but my feelings can’t tell the truth about the future. Only God knows the future, and He is 100% for me, no matter what.”
5. Speak your “antidote,” your words of truth, in place of damaging self-talk.

**Action Step 2**

To learn to silence damaging self-talk that arises spontaneously from feelings, begin a practice of regular, proactive prayer.

1. Pray that God would help you recognize when you’re letting emotions spew out in slander, or other damaging self-talk. Pray that you’ll feel a check in your spirit to help you stop, to be silent, and to wait for a calm spirit to settle on you.
2. Memorize and pray Psalm 141:3: “Set a guard over my mouth, O Lord; keep watch over the door of my lips.”
3. Pray that God would help you recognize when you’re wallowing, when you’re giving in to feelings. That He would give you strength to get in the face of those feelings, those “seemings,” and pronounce God’s authority.

**Action Step 3**

Keep adding sentences of damaging self-talk as they occur throughout this workshop and in the future. Then keep writing your antidotes—your truths—below them. Any time you start taking back areas where the enemy has a foothold, he’s going to step up the attack. But you’ll be ready!