

# IT IS TIME TO START TALKING BACK!

How to declare WAR on the negative voices in your head!

## *Phase 1: Enemy Identification*

In order for your talking back statements to have maximum impact, you need to know the exact argument or statement you are fighting with. Your chances of success skyrocket, if you can aim at a target. Your first step to declaring war on the negative, shaming voices in your head is to identify the enemy, the control statements. These are the statements that you think or say to yourself that cause the most damage. They might scare you or paralyze you, convincing you not to take action in your life. They are usually the ones you say over and over and over and over again to yourself. Identify them as specifically and accurately as possible.

## *Phase 2: Threat Level Assessment*

Classify the control statements into four categories – physical, emotional, mental and spiritual. You will find that the battle is heaviest in one or maybe a few specific areas in your life. Experience shows that focusing the battle will raise the chances of success. Classify your statements into one of the four categories. Pick two categories to focus your efforts. These will become your battle grounds. Spend time brainstorming how you want to feel about yourself in each of these categories. Compare what you are currently doing in your life to what you want to be doing in your life and find the gaps.

## *Phase 3: Attack Plan Design*

Now that you know your two focus areas, you need to design your attack strategy. Identify four control statements for each area. What is the opposite of the statement? What is it that you want to believe about yourself in this area? Carefully craft a talking back statement for each one. Write these statements in present tense. Write as though you're experiencing this right now. Write as though this is how you feel presently. Start your statement with "I am ...." or "My ....". If you're stumped, search the internet and read the examples, but design and write your own statements. They work better if they are your own.

## *Phase 4: Digging the Trenches*

Trench warfare was about longevity. When soldiers dug trenches they knew they were going to be there for a long time. It symbolized commitment and dedication. It symbolized an iron will to hold your ground. It symbolized your willingness to go to any length to win. Digging the trenches is about your commitment level. This is the phase where you design your routine. You decide how and when you are going to execute your plan. You make the commitment. You share it with others. You put it on your calendar. You set an alarm on your phone. You decide. You commit and you make it happen, no matter what.