



Makeovers Meditation Exercises. Practicing Inner Gentleness.

Inner gentleness is your inner voice. It is your inner dialogue with yourself.

We have the ability to stand outside of our thoughts and ask existential questions about things we've learned, felt, and experienced throughout our lifetime. That's what makes human beings intelligent. We can also share with each other what we've learned and change the course of our daily existence.

Learning to master the art of the inner voice is the most important aspect of our true spirit: ***Our minds***. This inner voice is wired into our physical brain. The thoughts that we think to ourselves are the thread of our entire existence. It is where our hopes and dreams are both born and destroyed. Having a positive and strong inner dialogue creates a comfortable space for us to draw from when the world gets too rough. It is very important to have a gentle, positive, unconditionally loving parental voice.

Example:

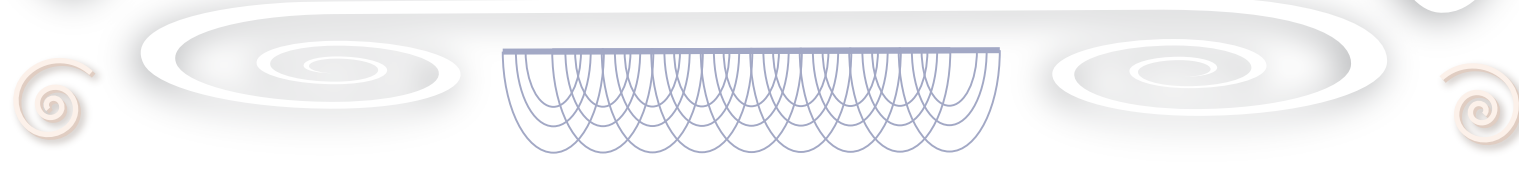
Negative Inner Dialogue:

"I have not done my best and I am not going to get this job today. My suit was all wrinkled. I chipped my nail polish on the car door. I dropped my purse after the interview. I was so nervous. What will I do if I don't get this job? I am so tired of struggling and never getting anywhere."

Positive Inner Dialogue:

"I have done my best. I will get the job today. If I do not, I will look for another one that is right for me."

First of all, negative inner dialogue is longer and exhausting—the thought process goes on and on! When you learn to reassure yourself with positive inner dialogue, your mind builds confidence and begins to trust the process of reassurance. Your mind will then turn to that strong inner voice that acts unconditionally and supportively in times



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of need. It is as though the inner child grows up and assumes responsibility for all of his/her actions.

Building a new inner dialogue requires daily practice. Learning the words to say to yourself is a very personal process, but here are some examples to get you started with practicing positive inner dialogue.

- *“Wow! What a great job!”*
- *“I am so proud right now. I did it!”*
- *“I am doing my best.”*
- *“I will do a better job the next time.”*
- *“I promise to...”*
- *“It’s okay. I had the best intentions.”*
- *“I love the fact that I tried hard.”*
- *“It doesn’t matter that I goofed. It matters that I apologized.”*
- *“I am tired. Maybe I should slow down.”*
- *“I am feeling that I am at my best right now.”*
- *“What can I do to inspire someone else to be a little bit happier?”*
- *“I like _____ about myself.”*
- *“I am angry. I should calm down.”*
- *“I am hurt. How can I fix it?”*
- *“I realize that I am bored. Maybe I will go do something mindless for a few minutes and then get back to work.”*

At first, it might seem awkward and silly to talk to yourself this way. Breathe your way through the awkwardness and build a **new** relationship between you and your brain. It will astound you how many changes will occur in all aspects of your daily life when you **shift your inner dialogue away from the negative and into the positive.**