

NOTES FOR MODULE 2: Uncover The Lie

Lies, damn lies and statistics.

This saying points out the tricky relationship between fact and fiction. It can be difficult to tell the difference. What one person sees as a lie can be supported with statistics. And what is supported by statistics can turn out to be a lie. Our inner critic voice exploits this tricky relationship in order to get what it wants.

What happens when we worry?

The worries our amygdala conjures up, cause stress hormones such as cortisol and adrenaline to be released into our bodies. When this happens, we are on high alert and our focus of attention narrows to what is perceived by the amygdala as a threat. We see only the possible danger. We are unable to see what may, in fact, be piles of evidence to the contrary. This is why we tend to believe those lies. We are unable to see the situation from a broader perspective. We are unable to see the truth.

How do we find the truth?

Our intellect can ask good questions while our emotions serve to tell us whether or not we are on the right track. When we uncover one of those lies and move closer to the truth, we feel some sense of clarity and relief. If there's no sense of relief or clarity, we're probably dealing with yet one more lie and it's time to keep digging.

Good questions are ones that helps us search for honest answers and that helps us to see our circumstance from a broader perspective. Questions like: what is the evidence that the self-doubt is true? What evidence proves this self doubt wrong? How might someone with a different point of view see this situation? Somehow we need to gain a new perspective on the self doubt so that we can see more clearly what's really going on.

What other techniques can help us find the truth?

Imaginary conversations: Asking a younger part of us what it is afraid of when it comes to this self doubt can be a very revealing and healing conversation. This will often get to the truth of the matter. Questions such as: what is it you are actually afraid of? What are you protecting me from? In what way do you fear not being loved? Who might not approve of you?

Ask what is the payoff for believing it: The payoffs are most often some sort of emotional relief.