

NOTES FOR MODULE 3: Transforming Self Doubt Into Empowerment

Why is it so hard to break a habit?

The more we push against a habit, the harder that habit pushes against us. So while breaking a habit may be nearly impossible, creating a new habit is fortunately much easier. The important thing is to figure out what we want to replace the old thought with.

How do we create or design the thought we want to have?

The obvious first step is to simply state the opposite of what the voice of self doubt has been telling you. Find a positive way to express the idea. We need to remember that our inner critic likes to argue. If we say I AM smart enough or I have great worth, it's likely to go to work to point out all the evidence that says I'm NOT smart enough and don't have worth. What we need to do is find a statement that not only says what we want, but doesn't draw arguments from the inner critic. If something feels better, we're headed in the right direction. If we feel no emotional improvement or we feel even worse, we know we're heading down the wrong path. Either way, we've gained some clarity that can help us refine our statement further.

Another effective way to interfere with the inner critic's tendency to argue is to turn our statement into a question.

Regardless whether you create a statement or a question, it's likely you'll need to refine it a bit so that it feels completely believable and empowering.

Can my intuition help in creating a new thought?

It's often helpful to even see our intuitive connections as relationships to characters or entities who live in our imagination. Seeing these energies as somehow slightly separate from us can help get our conscious, thinking mind out of the way and tune into what our mind can't perceive with conscious thought. What is important is an openness to the thoughts, emotions and images that arise from our intuition.