

## MOTIVATIONAL and STRESS REDUCING SELF-TALK

### *Questions and Comments to Help You Deal with Your Weaker and More Stressful Moments in Healthier Ways*

Sometimes for motivation to be successful, a person must understand the theory and applications more than they do. S/he may need a deeper understanding of the hindrances and helpers, the difference between intentions and lack thereof, as well as real abilities and inabilities. A person must realize that some new behaviors become more acceptable over time. There are automatic responses and ones we can apply by learning helpful phrases and related questions to ask ourselves.

Coaching ourselves is easier when we have a good repertoire of empowering leverage phrases, healthy motivational questions, and impactful thoughts to consider when needed. In the midst of a stressful moment, such insight can help shift the mind's focus and provide the dialog for talking ourselves back to a healthier state of mind. Thus, when needing to control emotions, healthy self-talk provides resourceful direction.

The contents of this supplement can help improve a mood or attitude, which will assist you in being more open for applying a healthier approach to your thinking. Please note that the leverage phrases and helpful questions are designed to examine stressful issues at hand. They may not have much impact while memorizing them, but will come alive when you are in the midst of healthy stress scenarios.

As you read the list, place an X in front of the statements or questions that you already employ for strengthening your endurance to healthy stress. Underline ones you haven't used before that you think may have an effect, and try to memorize those particular phrases. Such memorization should increase your chances for recalling and applying such self-talk while in the midst of healthy stress scenarios. Do revisit this resource at EII's Lesson 4A, as we will be updating it with additional self-talk suggestions from time to time.

### EMPOWERING LEVERAGE PHRASES

In the midst of a stressful situation, speaking one or several of these phrases to yourself earnestly may provide necessary leverage.

- 1. Strong anxious sensations can cause me a lot of trouble if I don't control them!
- 2. It is easy to accept inappropriate thoughts any time, without realizing it.
- 3. I know I can think smarter than this!
- 4. I know I can do this right!
- 5. Please give me strength!
- 6. I have a good head on my shoulders. I know I need to use it carefully!
- 7. Improving this habit is too new for me to take any chances!
- 8. My emotions are on fire, but I will continue to control them!
- 9. This is hard!
- 10. Responsible behavior is sometimes stressful. That's just the way it is.
- 11. Staying with such a difficult challenge isn't easy!
- 12. That would be insane to do/not do!
- 13. Don't do this! Please don't do it!
- 14. Doing what's healthy feels ruthless to my childish state of mind.
- 15. It's not time to panic yet!
- 16. With too little understanding, my own self-deception may be difficult to see.
- 17. Sometimes it is more difficult to manage your emotions than others.
- 18. Lacking inspiration is not a good excuse for avoiding responsibilities!
- 19. Motivation must sometimes have a military edge to it.
- 20. Having strategic strength to motivate myself is like having hydraulics that power cranes, jacks, and brakes, making it easier to move, stop, or control heavy objects.

## STRESS CALMING PHRASES/QUESTIONS

- 1. Keep calm! Keep calm!
- 2. My mind is stressing and making this seem *harder* than it really is!
- 3. My mind is stressing and making this seem *worse* than it really is!
- 4. I am feeling the stress of healthy pain and must accept if I want to improve!
- 5. Am I trying hard enough to calm myself in healthy ways?
- 6. I haven't built enough tolerance yet. Am I still working on it?
- 7. I am not a wimp when it comes to tolerance!
- 8. Change your focus! Change your focus!
- 9. Calm down, calm down, calm down!
- 10. Sometimes we must stimulate the mind to help it feel hopeful and encouraged.
- 11. Am I doing what hinders or helps me cope?
- 12. Sometimes doing what is *SMART* feels downright *RESTRICTED* or *RESTRAINED*.
- 13. Am I weighing whether this is a \$1 or \$1000 problem?
- 14. There can be particular understanding that I don't have about my mind, yet I expect strength and control to just be there. I need to learn more!

## HEALTHY MOTIVATIONAL QUESTIONS

By earnestly asking yourself the right questions, when dealing with healthy stress, it can help shift your mind to a healthier standpoint.

- 1. Are mistakes really an option here?
- 2. Is this a stable idea or decision?
- 3. Do I need relief before I really try?
- 4. What will I really gain by doing that instead?
- 5. Am I being arrogant about this and rebellious for the wrong reason?
- 6. Am I being easily persuaded or skillfully wise?
- 7. Am I sustaining effort to endure pressure or am I too easily avoiding it?
- 8. Do I recognize that I have a problem here that I need to address?
- 9. How often do I just go along with my impulses without trying to avoid them?
- 10. How well do I grasp real logic about this?
- 11. Am I on a strong roll and ready to react too spontaneously?
- 12. I can see this is a catalyst point. What do I usually do wrong here?
- 13. Do I have such little concern for my health and well-being?
- 14. With sensitive issues, am I thinking carefully before I react— or just reacting?
- 15. What would be the healthiest thing to do here?
- 16. Could my mind be overdramatizing?
- 17. Do I think motivation should *NOT* require effort?
- 18. Am I encouraging or discouraging myself?
- 19. How well am I *trying* to avoid giving in to the wrong things?

## IMPACTFUL THOUGHTS

Having the right kind of weapons and ammunition, as well as enough of them, help soldiers win battles. If you add these impactful thoughts to the empowering leverage phrases and healthy motivational questions, the arsenal in your mind should be well prepared for enduring healthy stress.

- 1. Strong sensations can get me into a lot of trouble if I don't practice control!
- 2. I must realize that my most satisfying choices aren't usually my healthiest ones!
- 3. The mind can easily feel an inappropriate sense of opportunity and entitlement!
- 4. Watch what I allow myself to get anxious about.
- 5. My mind can lead me right into the trap of stupidity, if I don't control myself!
- 6. Watch that I don't let my mind convince me that lures are worthwhile!
- 7. I must imagine a STOP alarm going off in my head, warning me to avoid this!
- 8. The human mind is naturally more insensitive until it is sensitized.

- 9. Be careful not to shoot the messenger of well-intentioned forewarnings!
- 10. I know enough about harmful emotions to carefully control these feelings!
- 11. This is not something I can ignore, if I want to ward-off problems!
- 12. Watch that I don't think too repetitively about the wrong things.
- 13. I can't just do whatever my emotions want to do and improve my EQ!
- 14. I must remember that I am the custodian of my mind and body.
- 15. Watch that I don't hide or block out the most revealing consequences!
- 16. I must strengthen my resolve!!
- 17. Don't let your mind go there. That will only hurt you!
- 18. I can't always let my immediate feelings rule my reactions!
- 19. Don't think about that! It will do more harm than good!!
- 20. Don't just allow unhealthy thoughts to continue!
- 21. Without recognizing that there is more than what meets the eye, we can inappropriately justify, assume, deny, exaggerate, discount, and form biased and uneducated opinions.
- 22. Even though this is healthy to do, it feels ruthless, insane, and grotesque to my childish emotional state of mind at the moment.

## **BOLD COACHING PHRASES**

Sometimes we need to embolden ourselves with far greater pressure than for just a battle with stress. When at war with emotions that are getting us down, boldly repeating a dynamic phrase from this list may be our best weapon.

- 1. Stop it! Snap out of it!
- 2. That's enough!
- 3. I can't think about that right now.
- 4. Let it go!
- 5. This kind of thinking is not good for me.
- 6. Don't just allow such unhealthy thoughts.
- 7. I can't just throw caution to the wind about this!
- 8. If I don't learn to control this kind of thinking, it's going to get to me.
- 9. I need to control this kind of thinking, instead of letting it get out of control!
- 10. This has gone on way too long without my control!
- 11. To change my unhealthy way requires the strength of divine intervention!
- 12. This is going to take a higher degree of divine intervention!
- 13. I'm not going to let this consume me!
- 14. I shouldn't be letting this bother me. It's not healthy to do this with my mind.
- 15. If I let that bother me, it will drive me crazy. Let it go!
- 16. Mistakes here are not an option!
- 17. Sometimes I must accept shocking our emotional system to improve behavior.
- 18. There is a civilized, appropriate, and healthy way to deal with this kind of thinking and I'm going to find it!
- 19. Do I think my mind doesn't get bothered by anything it shouldn't get bothered by? Think again. The scariest part about the mind is that anything can bother it!

## **PHRASES TO HELP MANAGE URGES**

Urges can have the most power over us, after we have been giving in to them over time. Expect that you will suffer the most pressure as you begin to manage them.

- 1. Consider how to distract my thinking!!
- 2. That's an unhealthy pursuit!
- 3. Watch for the mind to exaggerate needy, desperate feelings!
- 4. Breaking bad habits involves pressure!
- 5. You're overdosing on the stuff that can hurt you!
- 6. Stop this frenzy! You're being reckless and you know it!

- 7. Does this equate to taking the easier approach?
- 8. Your patience will be tested, yet rewarded!
- 9. You're taking the soft and easy approach!
- 10. Am I dealing with temperament control and avoiding it?
- 11. Am I just allowing my mind to promote my favorite foods without intelligent intervention?
- 12. If you have to stay in your existing comfort zone, improving is going to be impossible!
- 13. Instead of perpetuating your urges, wait a little longer, and then a little longer, again!
- 14. This is foolish eating! You are headed for health insurance police jail!!
- 15. By staying in your existing standard comfort zone- you can't improve, guaranteed!
- 16. Shouldn't this be labeled an addictive reaction, when I can't back off and need to for health or other meaningful reasons?
- 17. It's not been that long since I last gratified myself about this! I need to develop better brakes and say "NO" to myself, if I am ever to reduce this poor habit!
- 18. Kryptonite need not be extremely painful to be disabling. It can show up as seemingly innocent "excuses" that feel appropriate, yet are not!
- 19. Carefulness and strictness have a pressure to endure.
- 20. Expect that I will need to endure out of the ordinary pressure in the beginning. The pressure will be reduced in stages. I must watch for those transitional stages!