MOTIVATIONAL and STRESS REDUCING SELF-TALK

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

Few topics are more valuable to understand than knowing how to motivate the mind in healthy ways. There are automatic responses and educated ones. Thus, with a better education about motivation and empowering techniques, we can more readily apply the energy and drive necessary for pursuing more productive and healthy endeavors.

Nonetheless, the mind can too easily deceive our better judgment and is thus, quite susceptible to holding us back. With deeper understanding and clarity of the hindrances and helpers, as well as an honest view of our intentional efforts and lack thereof, we are much better prepared to accept the strict discipline required.



Healthy resourceful direction is often needed to manage our emotions. Coaching ourselves is easier when we have a sound repertoire of empowering, leverage phrases, healthy motivational questions, and impactful thoughts to consider. In the midst of any stressful moment, such insight can help shift the mind's focus and provide the dialog for talking ourselves toward a healthier state of mind. Some ways that really help people learn to motivate themselves could surely be considered award-winning techniques!

POINTS TO REMEMBER

Once we have a better understanding about motivation and a willingness to apply effort, we must still remember the following:

1. **Watch for the mind to excuse offensive behavior.**
2. **The mind does NOT automatically connect with an alarm to ward-off problems.**
3. **Watch for the mind to become anxious about accepting uncomfortable disciplines.**
4. **Know that we can erroneously feel that healthy options are actually mistreatment.**
5. **Motivation often requires following rules and guidelines that can also be challenging.**
6. **The motivational process may take time to master, so don't give up if, at first you don't succeed.**
7. **Moments requiring caution usually come and go, so self-monitoring and due diligence are necessary parts of motivating and directing ourselves.**

KNOWING HEALTHY SELF-TALK CAN SPARK MOTIVATION

There are many ways we can intelligently and healthfully guide the mind, rather than just allow it to roam naturally or to dwell incessantly. Having a good repertoire of healthy self-talk can be a valuable security measure! The questions and comments noted on the next few pages can help improve a mood or attitude toward motivation, assisting us in accepting a healthier approach. Memorizing a few motivational mantras can help immensely. The leverage phrases and helpful questions listed in this supplement are designed to examine stressful issues at hand and redirect the mind. While memorizing, you may not feel much impact, but these words should come alive when in the midst of healthy stress scenarios.

As you read the lists of self-talk questions and comments on the next few pages, underline or mark a few that you haven't used before and think may help in such situations, and try to memorize them. Such memorization should increase your chances for recalling and applying such self-talk while in the midst of stressful scenarios. Do review this supplement from time to time for further assistance.

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PHRASES TO EMPOWER VALUABLE LEVERAGE

By memorizing a few of these phrases, you should be able to say at least one of the phrases to yourself in the future, when in the midst of stress, to provide valuable leverage.

1. This is hard!
2. Please give me strength!
3. It's not time to panic yet!
4. I know I can do this right!
5. This is real transformation!
6. It takes courage to do this right!
7. I know I can think smarter than this!
8. Staying with such a difficult challenge isn't easy!
9. Motivation must sometimes have a military edge to it!
10. If I am not honest with myself, deceiving myself is easy!
11. Some emotions are more difficult to manage than others!
12. Improving this habit is too new for me to take any chances!
13. My emotions are on fire, but I will continue to control them!
14. I have a good head on my shoulders, so I can use it carefully!
15. Responsible behavior can be stressful. That's just the way it is!
16. Doing what's healthy feels ruthless to my childish state of mind!
17. It is easier to accept inappropriate thoughts than appropriate ones!
18. Lacking inspiration is not a good excuse for avoiding responsibilities!
19. Strong anxious sensations can cause a lot of trouble if I don't control them!
20. Having strength to motivate myself is like having hydraulics that power cranes, jacks, and brakes, making it easier to move, stop, or control heavy objects!

QUESTIONS/PHRASES TO CALM STRESS

Being able to calm ourselves is very important, yet is much more difficult when we don't have mature self-talk phrases and questions. Please take time to memorize a few that are listed here.

1. Hang tight!
2. Keep calm! Keep calm!
3. Change focus! Change focus!
4. Calm down, calm down, calm down!
5. Am I doing what hinders or helps me cope?
6. I am not a wimp when it comes to tolerance!
7. Am I weighing whether this is a $1 or $1000 problem?
8. Am I trying hard enough to calm myself in healthy ways?
9. I haven't built enough tolerance yet. Am I still working on it?
10. My mind is stressing and making this seem WORSE than it really is!
11. My mind is stressing and making this seem HARDER than it really is!
12. I am feeling the stress of healthy pain and must accept if I want to improve!
13. Sometimes we must stimulate the mind to help it feel hopeful and encouraged!
14. Sometimes doing what is SMART feels downright RESTRICTED or RESTRAINED!
15. 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!

QUESTIONS TO SPARK MOTIVATION

By earnestly asking ourselves the right questions when dealing with stress, we can shift our mind to a healthier standpoint. Below you will find a powerful group of questions worth asking.

1. Is this a stable idea or decision?
2. Do I need relief before I really try?
3. Are mistakes really an option here?
4. Could my mind be overdramatizing?
5. How well do I grasp real logic about this?
6. Am I encouraging or discouraging myself?
7. What will I really gain by doing that instead?
8. Am I being easily persuaded or skillfully wise?
9. What would be the healthiest thing to do here?
10. Do I think motivation should *NOT* require effort?
11. Do I have too little concern for my health and well-being?
12. Carefully monitoring my thinking should help me improve.
13. Am I on a strong roll and ready to react too spontaneously?
14. How well am I trying to avoid giving in to the wrong things?
15. Do I recognize that I have a problem here that I need to address?
16. I can see this is a catalyst point. What do I usually do wrong here?
17. Am I being arrogant about this and rebellious for the wrong reason?
18. Am I sustaining effort to endure pressure or am I too easily giving in?
19. With sensitive issues, am I thinking carefully before I react— or just reacting?
20. How often do I just go along with my impulses, instead of trying to avoid them?

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THOUGHTS THAT CAN SHIFT BEHAVIOR

Having the right kind of weapons and ammunition helps 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 to deal with stress.

1. I must strengthen my resolve!!
2. I must learn to warn myself to avoid this!
3. I must practice controlling strong sensations!
4. I can't let my mind go there. That will hurt me!
5. Watch that I don't ignore known consequences!
6. Watch what I allow myself to get anxious about!
7. Don't just allow unhealthy thoughts to continue!
8. Don't shoot a messenger who is forewarning you!
9. This cannot be ignored and also ward-off problems!
10. I can't just do whatever I want and improve my EQ!
11. The mind is naturally insensitive until it is sensitized!
12. Watch for an ill sense of opportunity and entitlement!
13. Don't think about that! It will do more harm than good!
14. By now, I should be able to recognize harmful emotions!
15. Be careful to watch for biased and uneducated opinions!
16. My mind can too easily lead me into the trap of stupidity!
17. What is healthy can feels ruthless, insane, and grotesque!
18. Justifying, assuming, denying, and exaggerating are easy!
19. I can't always let my immediate feelings rule my reactions!
20. Watch for thinking too repetitively about the wrong things!
21. I must remember that I am my mind and body's custodian!
22. My most satisfying choices aren't usually my healthiest ones!

PHRASES FOR BOLD COACHING

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

1. That's enough!
2. Snap out of it!
3. Let it go! Stop it!
4. Mistakes here are not an option!
5. I can't think about that right now!
6. It isn't healthy to let this bother me!
7. The mind can let anything bother it!
8. I'm not going to let this consume me!
9. This kind of thinking is not good for me!
10. This is going to take divine intervention!
11. I can't let my thinking get out of control!
13. Don't just allow such unhealthy thoughts!
12. It isn't wise to just do whatever I want to do!
14. I must learn to control this kind of thinking!
15. The mind can get bothered by the wrong things!
16. Shocking our emotions is sometimes necessary!
17. I can't just throw caution to the wind about this!
18. This has gone on way too long without my control!
19. To change unhealthy habits requires a lot of effort!
20. Thinking must be civilized, appropriate, and healthy!
21. If I let that bother me, it will drive me crazy. Let it go!

Comfort and improving behavior rarely flow together!

QUESTIONS TO HELP STRENGTHEN ENDURANCE

Sometimes particular questions, such as these, can help us actively strive for higher standards.

1. Am I applying my wisest efforts?
2. Am I thinking about healthier concerns?
3. Am I trying to think of helpful strategies?
4. Am I delaying what is in my best interest?
5. Am I conscientious about warding off problems?
6. Am I acknowledging the seriousness of my problem?
7. Am I bearing with the struggle and remaining patient?
8. Am I trying hard to reject poor ideas my mind generates?
9. Am I recognizing and acknowledging when enough is enough?
10. Am I considering that I may be dealing with a conflict of interest?
11. Am I managing ill sensations my mind is naturally susceptible to?
12. Am I trying to accomplish something very worthwhile, yet difficult?

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QUESTIONS TO HELP MANAGE URGES

Urges can be one of the most difficult stresses to manage, so we need as much help as we can get! These motivational questions are meant to help reduce urges. Yet be aware that you must be boldly honest about your answers.

1. Am I ignoring temperament control?
2. Does this equate to taking the easier approach?
3. Am I just allowing my mind to promote my favorite foods without intelligent intervention?
4. Am I okay with lowering my emotional standard that will eventually cause me much grief?
5. Am I going to just ignore pleasurable, yet emotionally immature, self-destructive behavior?
6. Shouldn't this be labeled an addictive reaction, when I can't back off, yet need to for health or other meaningful reasons?
7. Am I learning to overpower the part of myself that is keeping me from reaching healthy goals or just accepting it as though it is kryptonite?

PHRASES TO HELP MANAGE URGES

Urges can have tremendous power over us, after giving in to them over time. Expect that you will suffer the most pressure as you begin to manage them. Pressure should be reduced, little by little, as you continue. Below is a powerful list to get you started!

1. That's an unhealthy pursuit!
2. Breaking bad habits involves pressure!
3. My patience will be tested, yet rewarded!
4. I'm overdosing on stuff that can hurt me!
5. I can't just allow myself to think that way!
6. I can't just take the soft and easy approach!
7. I must consider ways to distract my thinking!
8. Be a big girl/boy! You know you don't need this!
9. Wait a little longer, and then a little longer, again!
10. Stop this frenzy! I am being reckless and I know it!
11. It is too easy to make "excuses" that feel appropriate!
12. Keeping healthy requires avoiding what sabotages it!
13. It is going to take bold action to avoid this bad habit!
14. Improving is impossible, if I stay in my comfort zone!
15. In the beginning, I will be enduring the most pressure!
16. This is piercing to my comfort level, but I must endure!
17. I need to develop better brakes and say "NO" to myself!
18. This is foolish eating, which will lead to health problems!
19. I can't improve with just positive thoughts and no action!
20. Watch for the mind to exaggerate needy, desperate feelings!

SUPPORTIVE GUIDANCE FROM A HIGHER POWER

Higher intelligent guidance may be closer than we think, as the mind can ask for help and by watching and listening for it, gain more powerful assistance than we realize for healthy motivation. Below is a list of guiding comments and questions to help.

1. Please help me deafen ill thoughts.
2. Please guide me wisely through this stressor.
3. Please help me keep calm as I go through this.
4. Please give me the courage to try and try again.
5. Is this a stressor that I need to build endurance?
6. Please tell me why I must go through this stressor.
7. Am I expected to endure stress to grow, emotionally?
8. When I am tempted, please make me strong to resist.
9. Please help me understand how to resolve this stressor.
10. Please help me build the strength to endure this stressor.
11. I must check in with my Higher Power to gain assistance.
12. Please help me understand why I need to go through this.

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QUESTIONS THAT SHIFT PRIORITIES TO FOREFRONT

Sometimes we get so absorbed in the moment that we forget to think about or do what is important. Below is a list of questions to help reveal priorities.

1. What else do I need to think about?
2. Why is my mind thinking the way it is?
3. Am I spending my time thinking productively?
4. Am I trying to resolve a problem or just trying to avoid it with hope that it will just go away?
5. Can I maneuver my mind well when I am under pressure or when I don't feel like doing what I need to do?

MORE MEANINGFUL TOPICS TO THINK ABOUT

Knowing what would be more meaningful to also think about, such as the topics listed here, can change the mind's focus and reduce stress.

1. Visualize fun things you would like to do.
2. Think back to the recent meaningful events.
3. Repeat things you know you need to remember.
4. Reflect on fun things you did with friends and family.
5. Be cognizant of kind things others have done for you.
6. Create a list of meaningful topics to review when needed.
7. Consider kind things you have done or can do for others.
8. Think about projects or adventures you have wanted to pursue.

MIND ABSORBING ACTIVITIES WORTH PURSUING

With better understanding, the mind can be shifted to consider activities such as these that help us react more healthfully.

1. Read an interesting book.
2. Work on your priorities list.
3. Dance to your favorite music!
4. Do something kind for someone else.
5. Call others who could lift your spirits, or lift theirs.
6. Spend time meditating while listening to soft music.
7. Watch funny or uplifting programs on TV or YouTube.
8. Do fun or interesting things by yourself or with friends.
9. Consider ways to further pursue a favorite sport or hobby.
10. Draw a picture of a problematic feeling to better control it.

PHRASES FOR GUIDING SERIOUS EFFORT

What we say to ourselves can reveal how seriously we are wanting to apply healthy motivation. This list of phrases provides powerful guidance when there is serious effort to motivate.

1. You can beat this!
2. Bear with me on this!
3. Don't do it! Please don't do this!
4. I need to think about something different!
5. Change is too new for me to take any chances!
6. You have a good head on your shoulders. Use it!
7. Stay on the healthy course and you won't be sorry!
8. It is not healthy for me to think about this right now!
9. Without screening my thoughts, I can't block ill-behavior!
10. I cannot just do whatever my mind dictates and get healthier!
11. Don't be so easily convinced to do what you know is not healthy!
12. My emotions are on fire, but my head knows this must be controlled!
13. Motivation can be a very positive and beneficial driving force to apply!
14. I've worked too hard to improve my EQ to listen to this ill kind of thinking!
15. Try to keep calm—remember that practicing patience helps us to regain or maintain emotional balance!

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