

## **What Is Your Default 'Talk'?**

You need to know how your baseline essence talks and behaves. There will be many different 'you' that turn up during the day; the 'you' that leaves home first thing in the morning bright eyed and saying positive things to yourself will not be the same 'you' at 6.00pm, that has hit obstacles throughout the day, and is tired, frustrated and slightly frazzled.

Life tests us and strips us down during some days so we can get to meet our true selves, our default selves. What we say to ourselves at 6pm when we are frustrated, tired, hungry and fed up is the most revealing aspect of ourselves that we can hope to meet, for the simple reason that when all masks and facades are stripped away, we get to see what our actual default subconscious settings are.

If our unguarded self talk at that time is along the lines of: "I'm sick of this," "I can't win", "I don't know why I even try", "I'm not cut out for this", "I'm a loser", "I'm useless" then we still have some work to do! Rather than distract ourselves to avoid this we need to spend time to undo and recreate that default talk. It's easy when we're feeling good to be positive about things. When you've decided to train for a marathon it's easy to get out for a run when you're feeling good and weather conditions are optimal. You've only really made the commitment when on the days that you're not feeling good or it's snowing outside you don't have to spend 30 minutes arguing with yourself about whether or not you're going for a run today. It's probably not realistic to expect you'll ever completely rid yourself of negative thoughts, but once you've reached a high level of self acceptance and awareness, even at your worst moments you won't be overwhelmed by disabling beliefs.

These default beliefs will have been with us since childhood and are ingrained at a cellular level. Facing up to them is difficult, and a lot of us choose not to, preferring to tell ourselves that it was 'just a bad day' or using food, alcohol or other escapes to avoid the confrontation. But until we do, we will spend our time looping around in circles unable to fully reach our true potential.