

When we constructively praise and creatively bless, life abounds with love, peace and joy. Let goodness shine forth. The Science of Mind, page 434

Do you talk to yourself? Have you had any good conversations with yourself lately? Most people talk to themselves, however, many of us are unwilling to admit it out of fear that people might think that we are crazy. I have to confess, I often talk to myself and sometimes aloud. I have been caught numerous times and have occasionally felt embarrassed or humored by being caught. I am not ashamed that I talk to myself. I often find that talking to myself helps me to make decisions. Voicing different choices or possibilities helps me to weigh different outcomes and potentials so that I can use good judgment.

I have noticed that my self-talk can be both positive and negative. I often encourage or congratulate myself for my successful endeavors. I can also beat myself up and be my worst critic when I fall short of my self-expectations. I sometimes find ways to criticize any little thing having to do with my appearance, emotional reactions, lack of accomplishments, what I say to other people, how I use my money, or how I act, etc. etc.

Negative self-talk creates negative beliefs, produces stress, wears us down and negatively affects our health. Positive self-talk builds us up and gives us confidence, strength, health, and longevity.

What thoughts go through your mind when you're alone with yourself? What kind of conversation do you have when you are driving in your car alone? Have you ever talked back to the voices in your head? Have you ever stopped for a moment and said to yourself, *Wait a minute. Why am I thinking that way? Is it true? Might there be another way of thinking about _____?*

The voices in our heads are expressions of our thoughts. We know that *Thoughts held in mind produce after their kind.* What we think about manifests itself in our life. Negative thinking can damage our emotional health. To break this pattern, conduct a kind of mental accounting of your interior mental life by taking stock of your inner thoughts and then create new positive thoughts by using affirmations.

The next time you find yourself thinking a negative thought, stop yourself. Jot down the negative thought. Then challenge the thought by talking back to yourself and asking:

- Is this really so? (Question the negative thought. Are you absolutely certain that it is true?)
- Whose voice is talking in my head when I think this way? (Often the voice is a parent or authority figure.)

Create a *positive affirmation* that states the truth about you. (Affirmations are positive statements of truth that change our thinking and change our life.)

You are what you think you are. You are the brilliant illumination of God. You are the perfect expression of the Divine. There is nothing that can change this. So the next time your self-talk expresses a negative thought, reply with this affirmation:

I am the brilliant illumination of God. I am amazing and remarkable. I am the joy of God.