

Taking the Doubt Train to Frustration Station?

It amazes me when successful business people call themselves lazy, or when intelligent people allow insecurity to overwhelm their otherwise good sense.



Are you weary of riding the **Doubt Train** and ending up in **Frustration Station** with no idea how to get off? Do self-critical thoughts, spoken aloud or (more often) in the privacy of your own skull, keep you from being truly satisfied with your life?

Believe it or not, 95% of the negative things you say to, and about, yourself are factually untrue. Let's try an exercise that will prove it.

Grab a piece of paper and a pen.

Draw two columns, one labeled **Belief** and the other labeled **Evidence**.

Go ahead, I'll wait...

Now, remember a time when you feared that if anyone found out you were incompetent, or unlovable, or lazy, or worse, then something worse would happen. [Some call this the "imposter complex"]

Write each bad quality in the Belief column and each example of when something terrible actually happened to you as a result of it, in the Evidence column. Keep going until you can't think of any more bad qualities and their results.

Do that now.

Okay, look at each piece of Evidence and ask yourself...with a detective's curiosity... "Really? What makes you say that?" After each answer, ask again in a gentle tone, "What makes you say that?"

Here is a hint...**cross out everything that someone else has said**. Past conversations do not count as evidence. The court of cosmic law cannot convict you on hearsay!

Feedback is valuable, but it can be limited by the wisdom and fears of the giver. Look at actual results and evaluate their impact. **Focus on what is true, rather than what is told**.

Ask yourself again. What real world evidence supports your self-doubts? Or, is it just that **you are caught up in a loop of repetitive, negative self-talk that can't be proven?**

For every piece of 'evidence' you debunk in this way, the Doubt Train has one less mile of track to reach Frustration Station. Pretty soon, you may find yourself taking a much more enjoyable ride.

If you want help getting to the truth about yourself, give me a call. We can work it out together.

**95% of the negative things you say to,
and about, yourself is factually incorrect.**

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