

# Mindwork Facilitator Script - Shifting Inner Dialog

Each step is a single 30-35 min session | 15-20 min Breathwork | 10-15 min reprogramming | Remember to pause 10-15 sec after each question you ask | Visualize asking yourself the same question.

## Session 1- Identify The Challenge

Initially- post breathwork, ask them what stood out the most? (does it fit in any category below) then go through and ask them to reflect on all the below.

### STEP 1: ISOLATE THE CHALLENGE / BLOCKAGE

#### 1. Awareness (3-5 Min)

- What is your internal dialog like when you make a mistake, when things are not going your way?
- How about when you are triggered?
- When someone does something to upset you or doesn't call you back?
- When you fail at something or don't perform well?
- What things do you say to yourself?
- Bring some awareness to negative feelings or emotions associated with type self talk?
  - Do you feel:
  - Defeated?
  - Fear?
  - Stress?
  - Shame?
  - Guilt?
- How would you feel if someone else spoke to you in this way?
- What are these feelings communicating to you? Where do they come from? How do you feel when communicating to yourself this way?

#### 2. Root Cause (3-5 Min)

- We want to start to dig deeper into the root of this self talk. Can you identify the root cause of these feelings?
  - Can you identify where this feeling is coming from?
  - Is the narrative familiar to you?

- When was the first time you remember feeling this way?
  - Or yourself talking this way?
  - Or someone else talking to you this way?
  - Do you remember what caused you to feel this way the first time?
  - Did a coach, family member, or mentor speak to you this way growing up?
  - Did you allow yourself to believe it was true?
  - Did they make you believe it was true?
  - Do you still hold these beliefs as true?
  - Did you hold onto any of this negative messaging?
- Try to remember how it felt when they spoke to you this way? If you are experiencing this still, why are you continuing to allow yourself to speak to yourself in a similar way?
- Can you see any recognizable patterns with your self-talk?
    - When does this happen?
    - Do you recognize these patterns in how you show up for yourself?
    - Do certain things trigger you to talk to yourself in this way?
    - When you fail?
    - Experience weakness?
    - Give up?

### **3. Action (3-5 min)**

- What would you like to see here instead and why?
  - How would you like someone else to speak to you when you make a mistake?
  - How would you want your idol or superhero to speak to you?
  - How would you want someone that respects you to speak to you and support you when you really need it the most?
  - How would you want someone to help you to get back on your feet, help you to try again, motivate you.
- As you are self reflecting here, what beliefs about yourself need to change?
  - How would you want or need to talk to yourself when you are challenging and struggling?

- It's easy when everything is going great, but when you are making mistakes and things are not going right. For example, how would you speak to a child in pain?
- Start to bring awareness to how you show up in your dialog to yourself. Take some time and write down a few notes or journal.

Post session, give them some reflection points from each of the above and reflect on daily mindtracks to go deeper for the next session. Use in conjunction with CVP

What is the main takeaway/awareness or goal to accomplish this week?

## **SESSION 2: Identify and Feel the Change /Breakthrough**

This session includes steps 2 and 3. You can also do a single session for each step. Always start with review and recap of the last session and anything that came up since

### **STEP 2 Identify what you need to change (approx 2-3 min each)**

1. **Identify what you need to break through** your self talk especially in times of failure and challenge. It's easy when things are going well. What about when they are not going well?
  - What patterns do you need to become aware of?
  - Why is this a pattern?
2. **In order to experience change, what do you need to change in relationship with how you communicate to yourself?**
  - Can you be more positive?
  - Try to see a different side of each outcome?
  - Can you be more Understanding?
  - Can you be Compassionate and kind with yourself?
  - We all make mistakes.
  - We are only doing our best. Can you be more patient with yourself?
  - Not being as reactive and quick to judge yourself.
  - Try to see beyond the horizon. Something better may be just around the corner.
  - Respecting yourself?
  - Encouraging, motivating and uplifting yourself to keep going and try again?

- Seeing all the good you have already done.
- Seeing all the progress you have made. Being able to see both sides of the coin

**3. What potential changes or action steps come up when you ask yourself these questions?** Pick one or two things you can change in this area of your life to feel more supportive of yourself. What would those daily changes look like in a month from now? A Year from now?

### **STEP 3: FEEL THE CHANGE/ BREAKTHROUGH**

Now, I want you to start feeling that change as you are breaking through. It may take some time to do this. Sometimes the patterns are really engraved. I want you to have awareness especially during challenging times. To see yourself. To witness the self talk and change it and stop it. Set a boundary.

**1. What would it feel like to have an internal support mechanism?**

- To be your biggest fan cheering you on?
- Following you around all day helping you through challenges.
- Being there to celebrate when you win?
- Imagine what that would be like instead of someone there to put you down. To question you.
- What would it feel like to feel more comfortable with your thoughts and your mind?
- How would it feel to trust yourself with decisions?
- Being okay with making mistakes?
- Feeling happy?
- Supporting yourself during these challenging times.
- To have more confidence, to believe in yourself?

**2. What can you do?** How can you do something different to change the pattern? How can you bring in the awareness of self talk as it's happening?

**3. How do you want to feel?**

- Can you embody or feel the way you want to to create change in relation to your current situation?
- How did it feel to trust yourself?
- To support yourself?
- To be confident?

- To feel comfortable?
- To not need to escape your thoughts.

**4. Self Empowerment/Gratitude** Give yourself permission to feel this way. Maybe self talk is already trying to talk you out of it right now. You can't... “no no no, I can”.

- Allow yourself to:
  - Set that boundary.
  - Have gratitude for this feeling.
  - Believe it's possible.
  - You are already moving in that direction.
  - Just focus on that feeling.
  - Get out of your mind.
  - Feel what it feels like to feel this way.
  - Imagine having yourself as your biggest fan, following you around and supporting yourself wherever you need it, whenever you need it.

Take notes. Journal and reflect on what came up.

Post session, give them some reflection points from each of the above and reflect on daily mindtracks to go deeper for the next session. Use in conjunction with CVP

What is the main takeaway/awareness or goal to accomplish this week?

### **SESSION 3: TAKE ACTION AND ANCHOR**

Always start with a review and recap of last session and anything that came up since

**STEP 4: What actions can you take to make this happen?** (approx 3 min each)

We really want to anchor in this change around the way that we speak to ourself. Visualize yourself here for a moment. Say thank you to yourself. You can actually visualize your own face as you are speaking to yourself. Say I'm sorry. I Forgive you. I love you. I respect you. I support you.

**1. What's the first step?** Now I want you to ask yourself, what is one thing that you can change that when you make a mistake, that you can reframe the way you are used to thinking into a more positive and supportive dialog?

- It's okay. Let's try again.

- Good effort.
- Well done.
- It wasn't your fault.
- Can you pause and create some space as you feel the thoughts and dialogs come up?
- Allow different conversations to start?
- Have awareness of that voice inside your head. It's probably just trying to protect you from feeling a certain way, to being judged, maybe it's something that happened a long time ago, so you do not have to experience that pain again or discomfort that no longer exists, that no longer is true.
- Can you be proactive daily with a supportive mantra or an I am statement, starting to build up that respect and support for yourself?
- Again, acknowledging where you are as the feelings and thoughts arise.

## **2. What can you do?**

- Can you start a daily meditation?
- Can you acknowledge that it's okay to make mistakes? That I'm human, that they help me to learn and grow and change.
- Can you be present and aware that when things aren't going the way they are supposed to, that you are going to show up anyways because anything can change at any time.
- Can you be open to possibilities? To acknowledge that all of your relationships are not always going to be perfect, and that you are not trying to be perfect, but just continually improving little by little. When you do have a bad day, can you acknowledge that tomorrow will be a better day.

## **3. What's the cost of inaction? Have you ever asked yourself:**

- What is the cost of not breaking this pattern?
- To continue to talk to myself this way?
- How has it held you back?
- How much has it cost me so far? Limiting beliefs. Limiting talk. Putting yourself down, or not believing in yourself.
- Is something missing?
- Can you change the narrative?
- Can you acknowledge when you are scared but will try and do the best you can?

## **4. What is your level of commitment? How important is this to you?**

- Commit to yourself to create some space this week, today, or the next time you feel a challenge or a failure or a mistake come up.
- What's the one thing you are going to change the narrative with?

#### 5. Visualize your first step.

- What does it look and feel like to do these things,
- make these changes to support yourself and feel different?
- What can you do to really create change to feel like this more often?

### STEP 5: Anchor in the new you. (repetition plus emotion)

#### 1. Envision I invite you to anchor into this new you.

- Envisioning doing these new things, speaking to yourself in a loving positive way. *I Believe in you. Keep going. Good effort. You can do it.*
- Having gratitude for yourself.
- Envision yourself as a child being spoken to this way or speaking to yourself this way.
- What can you say now to yourself that wasn't said then?
- Visualize your inner child and give the love and support you deserve.

#### 2. How does it feel? Feel it in your body? What can you communicate to yourself right now?

#### 3. Create a mantra.

- How can you verbalize this into an "I am" statement about yourself?
- How do you feel when you say it?
- As you say these statements, also feel the feelings associated with each one.
- Remember to have compassion and gratitude for yourself. Feel the relief of changing, of being different. Of not talking to yourself this way anymore.

#### 4. **AFFIRMATIONS:** *say to yourself,* I am supported. I am loved. I am cared for. I am understood. I am enough. I am capable. I am strong. I am who I am and that is completely alright

### ANCHORING VISUALIZATION-

- Visualize living your life free from this negative self-talk.
- Feeling supported, being able to support yourself, even in times of challenge.

- You are capable.
- You are powerful.
- You can do this.

Facilitator notes:

- Always close the session giving clients some time to write anything down and then ask if they care to share what came up.
- Sometimes they may want to integrate internally, but once you build trust, you can really help them to explore and then mirror back what you heard.
- Have them journal what comes up, what stands out, where they find resistance?
- Did they uncover any core wounds?

Any emotions we feel is an unmet need, a core wound being challenged. Bring them back to the core wounds lists and see what surfaces. How can you bring this into the next session to dive a little deeper into the issue? How can you expand on this new found awareness to start reprogramming their thinking patterns?

What mantra sums up the result you are looking to achieve?

**Homework:**

At the end of each session come up with a plan with the client to help hold the client accountable. The more repetition and visualization the better and quicker the reprogramming process.