



HAVASS
Academy & Coaching

DAY 4

You know that native voice inside you that speaks out of place, that makes you miserable and destroys your self-confidence, right? "What an idiot I am! "I broke something again, how clumsy I am!" "I look stupid, I've embarrassed myself!" Let's talk a little bit about that voice today. Who is it, what does it do, and why does it do this to us?

Let's bring the movie to the beginning ...

You are 5 years old and you are visiting with your family. While the neighbor's daughter was being praised, your father said with a sigh, "I wish ours was that hardworking ..." and then you decided, "I'm not good enough." You are 6 years old; your mother asked you to bring water, you dropped the water glass and it broke. Your mother said to you, "Oh child, but you can't do anything right either ...". At that moment you decided, "I can't do anything right; I'm incompetent." You grow up, but you always carry these beliefs that you gained unconsciously as a child. These beliefs are the safe space you know. When you want to get out of these beliefs, your inner voice is afraid to enter the unsafe zone, tries to keep you in your comfort zone, and constantly tries to prove to you how unskilled and inadequate you are. This is the purpose of the speaking voice within: To keep you in your safe zone. When you try to take a new step, it tells you, "In my opinion, you should leave it, you are not good enough..." and protects you from possible disappointment. This negative voice inside you locks you up when you break the rules, it tells you that you are "wrong", reminds you of your inadequacy, makes you believe it and exaggerates your weaknesses. After a while, you can't distinguish between your voice and his.



Until today ...

Today we identify the weapons with which this knowledgeable person in you, defeats you. Before we catch your inner critic and write down what he says to you, let's take a look at the methods of the voice so you can distinguish this voice from your own:

Generalization: your inner critic tries to make you believe that you are "incompetent" enough to make these mistakes by generalizing even your small mistakes. If you've already overcooked food once, it's proof that you're untalented in the kitchen, and if you've experienced a failed relationship, it's proof that you're a terrible person at love-making. If you use the words "never, always, always, never, everyone, no one," you know that the microphone is in the hands of the critic. Example: "Everyone thinks I'm stupid."

Contempt: If you constantly underestimate your successes and convince yourself that they are not great successes, you know the critic is talking inside you. Example, "Yes, I got an A on the exam, but missed the easiest question.",

Black and white thinking: This way of thinking that leaves no room for possibilities or exceptions, you are either a genius or a fool, an angel or a devil, a brave or a coward. However, the real trick with this mindset is to always lead you into the black (i.e., the negative). Since no one is perfect, you will make a mistake somewhere, and the critical voice inside you will pull you to the black side at your first mistake.

Self-perception: you think everything is about you, and you take everything personally. Example: "Everyone was grim at dinner; they're bored with me." "Aslı tweeted that friendships are a lie; she must have meant me."

Prediction: if you write a scenario as if something has happened, even though nothing has happened yet, and you believe it, the critical voice has control over you. Example: "He left early on the first date, he won't call me again ..."

Mind Reading: If you are certain about the thoughts of others as if you can read those thoughts and believe it without having evidence, then you are in mind-reading error. If you ask yourself, "How do you know?" and the answer is, "I felt it, I sensed it, I don't know..." then you know you are reading thoughts. Example: "He's very quiet today; obviously he's bored with me."

Picking with tweezers: Taking specific data from all of reality and focusing on it. For example, after a great presentation that lasts minutes, if you focus only on having mispronounced one word, you know you are under the critic's control.

Over-control: tendency to control all events and others. From the behavior of every guest who comes to your invitation, the mood of your friends, the performance at your partner's job; In short, blaming yourself for everything indicates a tendency to over-control. To overcome your critical voice, you must first hear it. Now that you know your critic's weapons, it's time to act. Listen to the critic throughout the day and write down what he said. Either carry the worksheet with you or write down what you have saved on your phone after the fact. The topic we will look at tomorrow will be about this; So don't neglect it! :) See you tomorrow!



Tasks

- Listen to your critical voice and write down what he says.
- Listen to your affirmation before you go to sleep at night.

