DAY 3

Think of a small child of 3-4 years, a child with a big, cute belly ...
Satisfied with his condition, it is enough for him to be himself.

He doesn't think; "I have a belly; While that child over there has no belly. What a beautiful child he is, how ugly I am with this belly." He doesn't say, "I wish my nose was that tiny too, this hook on my nose, I don't need it at all." Because he hasn't yet learned the perception of beauty imposed on us. Because he doesn't know yet that the belly is "bad" and the small nose is "beautiful" (!) Being 80 kilos is a condition, obesity is an adjective added after the fact. We are the ones who add adjectives to our situations.

Today we learn to get rid of those adjectives we added to ourselves and look just like we did when we were 3-4 years old! I hope you completed the list you were supposed to make yesterday, because today we're going to play a little on the list you made yesterday. (Maybe we'll play a little more than a little). First, separate the negative features from the list you made yesterday and write them in the box you were given on the worksheet. Now you will review all the negative items one by one, remove the adjectives, and recreate them in their realistic form.

Are you ready for the new self-image?

When reviewing all the items you wrote in your list, there are three rules to follow:

1. the use of derogatory language is forbidden!
If you've used derogatory adjectives like stupid, horrible, fat, ugly, it's the right time to delete them. Because these adjectives do nothing but erase your self-confidence like a bubble.

2. realistic measurements are use
I'm talking about: instead of saying fat, (so much) weight. Instead of saying toothy, front teeth sticking out, instead of saying big ass, saying (this much) inches thick. We don't exaggerate your negative traits by hurting your self-esteem or embellishing them with an unrealistic perspective you don't even believe in yourself, we use fully measurable expressions.

3. No generalizations; exceptions are recognized.
Our key questions are "In what situations?", "When?", "Is this always the case?"
 • Let's say you have an entry on your list of "I'm antisocial." Maybe you just get nervous when you enter a new environment and that environment doesn't suit you?
• Are you a weak person who can't say no? Or maybe you're just afraid of offending a person if it's someone you like? If you think about it, you may find that you can say no to other people....
• Philosophy topics may not interest you at all. This does not mean that you are ignorant. Not everyone has to be interested in everything. What are the topics that interest you and that you could talk about until dawn?
• Don't write that you are stupid, but in what situations you feel stupid, and instead of writing that you are a worried person, you should write when you are worried. Think carefully; Are there generalizations in your clauses? If so, leave out the generalization and instead write who you are in particular cases. See you tomorrow!

Tasks

• Create a new self-concept by following the steps above.

• Listen to your affirmation before you go to sleep at night.