

RADIANT POWERFUL YOU

Rise Above the Line

Remember: *The way we think dictates how we feel. How we feel dictates the decisions we make and the actions we take. Our decisions and actions determine our outcome - our end result.*

1. Write down a current aspect of your health, body, or life you're feeling below the line about.

2. Get curious about the potential presence of any of the Major Players (*with regard to this specific issue*). Write the specific phrases you hear inside your head about this specific issue.

The Judge criticizes and condemns. Often uses the words: *should have, should not, can't, not good enough, you fool.*

Critter Brain fears change and will sabotage success as a means to hold you back. Often uses words like: *what could happen, what will be expected of me, I'm not sure this is a good idea.*

Little You throws tantrums, seeks comfort, craves connection, and typically needs more; she just may not know what "more" she needs. Often uses words like: *it's not fair, I don't have enough time, I just want to be loved.*

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3. Once you've identified which voices are present, notice how they make you feel right now or how they've made you feel in the past, with regard to this specific issue.

4. Recognize yourself at a point of choice - return to the phrases of the Major Players and with each one ask, "Is this true or useful?"
 - If it's **not** true or useful, what phrase can you generate that is more accurate? Do you see how this begins to move you closer to or above the line?

EXAMPLE:

Judge says: "I have wasted so much time."

Is it true or useful?

It's not useful to keep beating myself up with these words.

A more accurate (or useful) phrase:

It feels like I've wasted a lot of time and I know I've been doing my best.

- If it **is** true or useful, what information are you gleaning or what action will you take as a response? And again, can you see how this new commitment to yourself moves you closer to or above the line?

EXAMPLE

Little You says: "I am in so much pain."

Is it true or useful?

It is true I experience a lot of pain.

Information I am gleaning:

No wonder I'm tired, I have been in pain a long time. I can have compassion for myself and a willingness to listen to my body.