

YOUR SUPER POWER

**THE TRANSFORMATIONAL
IMPACT OF SELF-TALK**



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By cultivating positive self-talk, we essentially rewire our brain to focus on our strengths and possibilities, rather than on our limitations and doubts

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FOURTH EDITION

Your Super Power

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The Transformational Power of Self Talk

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Introduction

By cultivating positive self-talk, we essentially rewire our brain to focus on our strengths and possibilities, rather than on our limitations and doubts. This shift in mindset opens up a world of potential, changing the lens through which we view both ourselves and the world around us

Overcoming this involves first becoming aware of these negative patterns. It's about catching yourself in the act of self-criticism and challenging the validity of these harmful thoughts. The process is akin to reprogramming your mind, gradually replacing destructive thoughts with ones that uplift and support your well-being.

This shift not only improves your mental health but also enhances your outlook on life, opening doors to optimism, confidence, and new opportunities. Trust in God is at the center of transformational self-talk. Whether walking through the valley, standing up to the giants in our life or chasing our dreams, our trust in God gives us the assurance that all things will work together for the good.

Transformational self-talk affirms our truth, our identity and our personal agency. As you read along, remember that positive self-talk is not only a tool but it is a faith tool. The bible tells us that, "Faith is the substance of things hoped for and the evidence of things not seen" (Hebrews 11:1). We speak according to our faith, not our fears, doubts or lack (2 Timothy 1:7). We speak the substance of things hoped for and the evidence of things not seen.

What we say matters. Words matter, and when we're speaking over our life, our plans, our goals or challenges, we have a choice to speak with confidence or fear, doubt or determination or, truth or untruth. Our ability, resiliency, potential and possibilities are what we say they are and what we are willing to do or sacrifice to make manifest those things that are within our control.

Your inner truth, your faith determines the words you speak. Your words have power, "Death and life are in the power of the tongue" (Proverbs 18:21)

The Transformative Impact Of Positive Self-Talk

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The transformative impact of positive self-talk on one's life is profound. When we change the nature of our internal conversations, narratives, we change the way we interact with the world. This shift can lead to increased self-esteem, better stress management, and improved problem-solving abilities.

Positive self-talk enhances our ability to face challenges with a constructive attitude, promoting personal growth and resilience. It's like having an encouraging coach inside your head, constantly guiding you towards your created and best self.

This internal guide helps in breaking down self-imposed barriers and overcoming the fear of failure, paving the way for personal success and fulfillment. In essence, positive self-talk is a powerful tool for personal transformation, fostering a mindset that embraces challenges, celebrates achievements, and continually seeks self-improvement.

Regular Conversations With Yourself - The Benefits And Why You Need Them

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Taking time for regular chats with myself is like having a personal check-in, ensuring I'm on track with my mental and emotional well-being.

These moments of self-talk are more than just pep talks; they're deep dives into who I am. In these quiet, introspective sessions, I explore the layers of my desires, confront my fears, and map out my dreams. It's like holding up a mirror to the deeper parts of myself, discovering what truly drives me.

These conversations aren't always easy. Sometimes, they involve facing hard truths or questioning long-held beliefs. But through this process, I gain a clearer understanding of myself, making decisions that truly resonate with my core values and moving through life with a more defined sense of purpose.

8 Benefits Of Regular Self-Conversations

- **Enhanced Self-Awareness:** Gain deeper insights into your thoughts, feelings, and behaviors.
- **Improved Mental Clarity:** Clear your mind of clutter and confusion, focusing on what truly matters.
- **Better Decision Making:** Make more informed and aligned decisions by understanding your true motivations.
- **Increased Resilience:** Build strength to handle life's challenges through introspective understanding.
- **Emotional Regulation:** Learn to manage and process emotions more effectively.
- **Creative Problem Solving:** Use internal dialogues to brainstorm and find innovative solutions.
- **Heightened Intuition:** Develop a stronger connection with your inner guidance system.
- **Reduced Stress And Anxiety:** Release pent-up emotions and worries through expression and self-validation.

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Why You Need Regular Self-Conversations

The necessity of regular self-conversations lies in their ability to ground and center you in your own truth. They are a crucial tool for mental and emotional grounding, helping to manage stress, anxiety, and other emotional challenges.

Through these dialogues, you can rationalize fears, dissect problems, and explore solutions in a safe, judgment-free space. They encourage you to take ownership of your thoughts and feelings, leading to more mindful and intentional living.

Engaging in this practice helps build a strong foundation of self-trust and self-reliance, empowering you to make decisions that are in your best interest.

Overcoming Negative Self-Talk

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Everyone has a bad day and a negative thought from time to time. As you'll soon learn, a little bit of negativity does have its benefits but too much of it can have damaging short-term and long-term effects. Today, we'll look at how to identify negative self-talk patterns and how to overcome them.

We all have an inner voice, and it's normal for the tone and content of that voice to fluctuate. However, what isn't normal is for that inner voice to be excessively negative on an ongoing basis. This is what is referred to as negative self-talk. It's when your inner voice is overall more negative than positive, and when that negativity is not constructive.

Overcoming negative self-talk is a crucial step toward fostering a healthier, more positive mindset. Negative self-talk, often a byproduct of past experiences and societal conditioning, can be deeply ingrained in our psyche. It manifests as an inner critic that constantly belittles and doubts our abilities, leading to a diminished sense of self-worth.

Overcoming this involves first becoming aware of these negative patterns. It's about catching yourself in the act of self-criticism and challenging the validity of these harmful thoughts. The process is akin to reprogramming your mind, gradually replacing destructive thoughts with ones that uplift and support your well-being.

This shift not only improves your mental health but also enhances your outlook on life, opening doors to optimism, confidence, and new opportunities.

Negative Self-Talk Patterns

There are numerous types of negative self-talk patterns, otherwise known as cognitive distortions. These are not specific things that we say to ourselves but rather the types of things that we say.

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Psych Central lists these 15 most common cognitive distortions:

Filtering: Mental filtering is when you focus only on negative feedback regardless of how much positivity was offered in the situation. An example of mental filtering is: You're playing on a soccer team, and you assist your team in getting several goals. However, you were also responsible for a mistake that led to the other team scoring. You focus only on the fact that you made a mistake and allow the goal assists to pass by.

Polarization: Also called all-or-nothing thinking, polarization takes things to the extreme. Something is either perfect or completely terrible. An example of polarization is: You are consistently there for your friends to have a shoulder to lean on. You support them, and you always have a good time when you hang out with them. However, you are late to one lunch date. Therefore, you are a bad friend.

Overgeneralization: Overgeneralization is when you take your thoughts or feelings about a specific thing and apply them to all things in that same category. Many stereotypes and forms of discrimination come out of this cognitive distortion. An example of overgeneralization is: Your supervisor doesn't take your suggestion for implementing a new work policy. You then believe that your supervisor hates you or that you contribute nothing to the agency.

Discounting the positive: Discounting the positive is similar to filtering, though slightly different. In this cognitive distortion, you view positivity as something neutral or having no value. An example of discounting the positive is: You complete a difficult task at work and your supervisor compliments you on it. You dismiss the comment and tell yourself that anyone could've done the job.

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Jumbo Conclusions: Jumping to conclusions is when a person assumes, based on little or no evidence, that a situation will turn out in a certain way. Then, they react to the way they assume things will turn out rather than waiting to see what happens and reacting accordingly. An example of jumping to conclusions is: Your significant other usually answers your texts quickly. Today, they haven't been responding. You assume they're mad at you and react in a defensive or aggressive manner. In reality, their phone charger wasn't plugged in correctly overnight, and their phone died while they were at work.

Catastrophizing: Similar to jumping to conclusions, catastrophizing is when you assume the worst possible outcome in a scenario. An example of catastrophizing is: Your significant other stopped answering your texts around the time they usually clock out at the end of the work day. You start panicking, thinking that something awful happened to them on the way home. In reality, they didn't realize their phone battery was low and it died on their way home.

Personalization: Personalization is when you take blame or responsibility for events that are completely out of your control. An example of personalization is: You let your child go to dinner with their friends. They get into a car accident on the way home. You then blame yourself because you gave them permission to go.

Control Fallacies: Control fallacies are also involved with black and white, all-or-nothing thinking. There are two types of control fallacies. First, you believe that you are in control of every person and event in your life. Second, you believe you have no control over anything in your life. Examples of control fallacies are:

- You work as a case manager in a substance use disorder clinic. Your client relapses over the weekend. You blame yourself, thinking that you could've done something more for them.

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- You are planning a party and freaking out that it will be a disaster. You believe that the food will, and music will be terrible, no one will have fun, and that they'll all be disappointed in you. In reality, you know your guests well and can easily decide what party details they would enjoy.

Fallacy of Fairness: Fallacy of fairness refers to a person's measuring life's events on a scale of fairness. You believe you know the ultimate definition of fairness and that anyone who disagrees with you is wrong. In turn, you can become quite resentful when you mistakenly perceive a situation as unfair. An example of fallacy of fairness is: You think your sports coach is soloing you out because you got slightly less play time than other people today. However, you are an offensive player and you're playing against a team that is notoriously difficult to score against. Your team is already a point ahead, so your coach has decided to use more defensive tactics to ride out the time. It just so happens that this means that defensive players get more playtime in this game.

Blaming: Blaming is when you don't take responsibility for your part in a situation. You believe that other people have power over your emotions and reactions. An example of blaming is: Your partner is exhausted from work, so they aren't as supportive as they usually are when you're venting about your day. You insult them, saying that they are selfish and rude. You then blame them for the fact that you said those things.

Shoulds: Shoulds are unwavering rules that you place on yourself and others without considering the specific details of a situation. An example of a should is: You learned how to do your own laundry when you were 12 years old. You get frustrated when your significant other's children don't know how to do laundry by the age of 12 because you believe that everyone should be able to.

Emotional Reasoning: Emotional reasoning occurs when you mistake opinions for facts. You believe that the way you feel is a reflection of reality. An example of emotional reasoning is: You're feeling anxious about a presentation at work, so you believe the presentation will go horribly wrong.

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Fallacy of Change: A fallacy of change is when you believe that others will or should choose how they act to suit your needs. You especially believe that this will happen if you place enough pressure on them. An example of fallacy of change is: You want your partner to share the same diet with you, so you say and do things to make them feel guilty every time they consume something outside of that diet. You believe that you can guilt them into complying with the diet you follow.

Global Labeling: Global labeling occurs when you take a specific characteristic of a person or situation and believe it to be an absolute. An example of global labeling is: Your coworker is a few minutes late to a meeting. Going forward, you view them as disrespectful and unprofessional.

Always Being Right: While many cognitive distortions cause you to view yourself in a negative light, the “always being right” cognitive distortion takes an opposite approach. In this case, you view your opinions as absolute facts. You believe that your way is the only correct way to do things. An example of always being right is: You have been at your job for several years, so you consider yourself an expert in many aspects. You get a new coworker who suggests a different approach for a certain task. Since it conflicts with how you usually do the task, you dismiss it as a waste of time rather than considering the benefits.

Importance Of Identifying Negative Self-Talk

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It is impossible to live life without experiencing negative self-talk at some point. We all have bad days and, truthfully, a bit of negativity from time to time can actually be beneficial. For instance, consider these benefits of small amounts of negative thinking:

- It makes you take extra precautions even when they may not seem necessary on the surface.
- It helps you prevent worst-case scenarios.
- It helps you set boundaries with yourself and others.
- It helps you avoid scams and other criminal victimization.
- It causes you to take more time with decision-making.
- It causes a healthy skepticism toward authority.
- It motivates you to make changes in the world.

However, an excessive amount of negative thinking can have seriously detrimental effects on all areas of life. Some of these include:

- Mental Health
- Physical Health
- Social Relationships

Effects On Mental Health

Negative thinking and self-talk can be a stressful experience. From a mental health standpoint, research confirms that negative self-talk can lead to a number of mental health disorders. These include:

- Depression
- Anxiety
- Psychosis
- Obsessive-Compulsive Disorder (OCD)
- Social Anxiety Disorder (SAD)
- Eating disorders
- Borderline Personality Disorder (BPD)
- Other mood disorders

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In addition, negative self-talk has detrimental effects on your cognitive processing and other mental capabilities. For example, it causes limited thinking, in which you underestimate your skills and knowledge. It also causes perfectionism, which makes you believe that something has to be perfect in order to be good enough. Memory loss and trouble focusing are common outcomes with negative self-talk patterns as well.

You'll also find a correlation between negative self-talk and fewer successes in life because of how it affects your mental health. For instance, you talk yourself into believing that you're not good enough for a promotion, so you don't even submit an application.

Effects On Physical Health

Negative self-talk can have both direct and indirect effects on your physical health. In a direct sense, negative self-talk can lead to you engaging in unhealthy behaviors or actively avoiding healthy ones. Some examples include:

- Giving up on a diet because you caved on a donut one day.
- Avoiding exercise because you believe you won't be able to handle it.
- Smoking, drinking, and using other substances because you don't think it matters what you do to your body.

Stress caused by negative self-talk can also have a variety of ill effects on your physical health. Some of these negative health outcomes include: digestive troubles, headaches, muscle and joint pain, heart disease/heart attack, high blood pressure, stroke, sleeping difficulty, weight gain/loss, fatigue and decreased immune system.

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Effects On Social Relationships

Negative self-talk tends to cause tension in your interpersonal relationships. In addition, it causes you to avoid social interactions more often than if you engage in positive self-talk. Some examples of the damages that negative self-talk has on relationships include:

- It makes you overly sensitive to criticism, sarcasm, and jokes from others.
- It causes you to avoid social gatherings.
- Insecurity causes neediness and tension within relationships.
- It causes you to be overly judgmental of others.
- It causes irritability, which makes you act hostile and mean toward others.
- It makes you less supportive and helpful to others.

Signs That Negative Self-Talk Is Harming You

At times you can recognize negative self-talk. For example, sometimes it's obvious like you're your internal voice says, "You suck at this." Other instances may not be as obvious. Keep in mind these signs of negative self-talk:

- You experience negative health changes that cannot be attributed to illness or injury.
- You've had noticeable unpleasant mood changes.
- You're sleeping more or less often than you typically would or should.
- Your diet changes in an unhealthy way.
- You're forgetful and/or unorganized.
- You have a lower sex drive than you used to.
- You're neglectful of daily activities and basic needs.

Overcoming Negative Self-Talk Patterns

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Let's face it- there are a lot of things in life that are out of our control. Oftentimes this can leave us reeling and dealing with a lot of negative emotions that can go on to impact our attitudes. Why does that matter? It matters because our attitudes affect more areas of our lives than we realize. Our outlooks, behaviors, responses, and decisions are among several areas impacted by our attitudes.

A positive attitude can even impact our mental and physical health and improve our productivity. A study by Stanford found that a positive attitude literally makes our brains function better (Stillman, 2018). A separate study conducted by Johns Hopkins expert Lisa Yanek, M.P.H. and her colleagues found that patients who thought positively were 13% less likely than their negative thinking counterparts to experience a heart attack or other coronary event (John Hopkins Medicine, 2019). Both of these findings suggest that our thoughts have the potential to impact outcomes for the better or the worse. Thus, it is up to us to decide how we will let our thoughts influence us, and subsequently our lives. By implementing a few simple practices, we can learn how to shift our attitudes for the better, even in the midst of challenging circumstances.

Reframing

Perception plays a huge role when it comes to the attitudes we hold. The way we view a situation either causes us to develop negative thoughts and attitudes or positive thoughts and attitudes. It is obviously easy in a positive situation to develop positive attitudes because the circumstances are such that would facilitate positive feelings. However, it's much harder to develop a positive attitude in the midst of negative circumstances.

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Reframing is the ability to take a negative situation and adjust our view of it so that we can see the positive and thus think more positively about the situation. Reframing is about consciously deciding to find the good amongst the bad and choosing to highlight it. In doing so, we develop an ability to rise above our circumstances and thrive in the midst of them.

Gratitude

There is a saying which states, “A happy heart is a grateful heart,” and that honestly is so very true. There is something about gratitude that takes our eyes off the negativity of our circumstances and refocuses our energy on the good that exists around us. Each day we should strive to find at least three things we are grateful for. The joy and happiness we feel associated with those things we are grateful for will offset the negativity associated with the challenges and obstacles we face. Thus, we are able to adjust our attitudes for the better by simply changing what we choose to focus on.

Affirmations

Affirmations are one way to change our internal dialogue for the better. Often we are unaware of just how negative our thinking is on a day to day basis. Affirmations interrupt those negative thought patterns by intentionally introducing positive phrases and sayings. Through repetitive reciting of those phrases, typically out loud, we can reshape how we think and thus positively influence our attitudes for the better.

Changing our attitudes may very well be the key to unlocking real happiness. While we do not always have control over what happens in our lives, we do have control over how we choose to view what happens in our lives. This means our outlook and often the final outcome is within our power. We can choose to be miserable or we can choose to find the good. We can choose to let life happen to us or we can choose to take life by the reigns and make the best out of bad situations.

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By implementing techniques like reframing, practicing gratitude, and affirmations we can reshape our minds and thoughts in such a way that allows us to have a positive attitude no matter what. And that puts us in a position to experience happiness and peace in the midst of chaos.

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5 Ways To Make Your Self-Talk Positive

How in touch are you with your inner voice? Do you pay attention to the words it speaks to your soul? Or, does it just narrate unchecked? That self-talk is influencing you in every area of your life, whether you realize it or not. Your self-talk may be your biggest cheerleader, urging you on with words of encouragement and confidence. Or, it could be the thing that sabotages you at every turn, nagging you with criticism and negative comments at every turn.

Which of these best describes your self-talk? Whether you recognize the negativity in your self-talk or believe you could use a bit of help, here are five excellent ways to make your self-talk more positive.

1. Listen

It's important to take note of what your inner-critic is saying. It can be relentless and it's important to understand that it isn't being driven by logic. Rather, your self-talk is fueled by your emotions. Understand this, those emotions influence your self-talk, which influences your habits, beliefs, attitudes, and behaviors.

So, it's vital that you listen critically to the messages you are sending to yourself, as well as the tone you often use. If you notice that your self-talk is constantly discouraging, negative or disdainful, then you have to correct that. Pause the narration and replace those negative talking points with more positive talking points.

2. Distance

It's important to create some distance between you and your negative self-talk. Don't use I when you're questioning your self-talk because this can lead to anxiety or shame. You can remove yourself by the situation by addressing yourself by name or even using a pronoun. Don't say why am I being negative? Instead, ask why is Eleanor feeling stressed? This helps you create that distance and regulate your emotions. It removes some of the discomfort that comes from negative self-talk. The distance creates a challenge, otherwise it can feel like a threat.

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3. Fit

Your self-talk should reflect when you want to go. If you're trying to improve yourself, then you want self-talk that sounds instructional. If you're trying to increase your confidence, then you want self-talk that is positive and motivational. Generally, the tone of self-talk should be positive because it makes us more positive overall.

What is your goal? Try to fit your self-talk to match your goal(s).

4. Friendship

This isn't about your friend group. Instead, it's about the friendship that you have with yourself. This is something you should nurture. Negative self-talk where you disparage or demean yourself increases stress levels and it is only going to hold you back. Nurture your friendship with self by speaking more compassionately to yourself. Your self-talk should match how you speak to your friends. If you extend compassion and kindness to your friends going through a difficult time, then you have to practice doing this for yourself.

Instead of telling yourself that you're not good at something, say you're prepared to tackle anything. Don't tell yourself that you don't know what to say or do in a situation, instead, remind yourself that people like you and you ask good questions.

5. I

This is where I comes out to play. When you find yourself saying I can't, it's important to correct yourself. Change the narration to I don't (or I won't). This changes the fundamental framing of the statements that you're making about yourself. There is a major difference between the two. The former is communicating a constraint or limitation, whereas the latter places you in control over your behaviors and thoughts. For example: **"I can't buy the shoes I want until next month"** vs. **"I won't buy the shoes I want until next month."**

Changing your self-talk to be positive and encouraging is going to prepare you to meet the challenges of life and deal with adversity.

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How To Change Self-Sabotaging Self-Talk

On the one hand, you have logic. Your conscious mind tells you to eat well, it tells you to get to bed, it tells you not to buy that because you need to save money. On the other hand, you have your subconscious mind. It's the part of you that encourages you to spend online. It wants you to grab that chocolate and binge when you're stressed out. In this context, your subconscious mind is being fueled by a critical voice within you that desires only to sabotage you and hold you back.

Self-sabotage is when you think thoughts or have in ways that will move you further from your desires. It's that inner-voice whispering in your ear telling you that you can't do this. It doesn't sound nice, but in reality, it's your subconscious' attempt at protecting you from pain and fear. Of course, the result is bad. It's preventing you from achieving your dreams. Luckily, you can change your self-sabotaging self-talk. Here's how.

1. Understand, Identify, Recognize

We're all guilty of self-sabotage in some way, shape or form. The first step to changing your self-talk is understanding where it's coming from and how it manifests in your life. It's often subtle so before you can change it, you need to understand and identify it.

What self-talk is sabotaging you? Learn how to recognize it by looking at your thoughts and actions as an outsider. What is it that's holding you back? It could manifest in perfectionism or procrastination. Once you recognize this you can identify why it's happening.

Often, our most destructive habits are based in our self-worth. If you don't feel as though you deserve success, then you're going to continue to feel inadequate. Even if you set stretched goals for yourself, it's simply overcompensating. You'll find a way to twist fate and self-sabotage.

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2. Self-Reflection

You are an onion. As you self-reflect, you will find layer after layer of new findings and information. Peel back the cover on the issues that have been leading you down the path of self-sabotage. Reflect on your actions, choices, and decisions. It's important to learn from failure and success equally. You have to adjust course and take the right approach.

3. That Quiet Voice

At the root of self-sabotage is fear. We're terrified that the critical self-talk voice is right. We start to believe that we aren't enough, that we don't deserve success or happiness. To quiet those voices, you have to turn up the volume on the quiet voice. It's your quiet voice that is positive. Let those encouraging, positive thoughts override the negative, self-sabotaging self-talk. When you recognize the ways in which you limit yourself, you can build positive behavior with a voice that is confident and affirmative.

4. Effect Change

If you want to stop self-sabotaging, then it's vital you change negative behaviors and patterns. Every action you take moves you closer or further away from what you want and whom you want to be. Your thoughts have consequences, especially when your self-sabotaging self-talk is influencing your behavior. To overcome it, you must find new patterns to replace the old, unhealthy ones.

Work on one thing at one time. It's more likely to stick if you focus on a single thing at once. These small, meaningful changes are going to build to major transformations.

When you recognize in what ways you sabotage your success, you can effect change to ensure your success.

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We often feel off-kilter when dealing with the unknown. Unsure footing is going to upset the applecart. Now, you could respond to that negatively or you can choose to move forward with confidence. Thoughtful plans, solid goals, and intentions are important. You can do this daily and beyond. The important part is recognizing your self-sabotaging self-talk and overcoming it with solid action

Practice Self-Talk That Uplifts

Whether you realize it or not, you're constantly in a mental chatter. You talk to yourself all day and that self-talk can be positive or negative. It can be tainted by guilt, anxiety, and that can destroy your seeds of hope. Your thoughts inspire your actions, and if you can change how you think, then you will see it in your actions.

It's natural to seek growth. It's human nature. We want to grow physically, financially, mentally, spiritually, and emotionally. You can do that by practicing positive self-talk. The following steps will help you purge negative self-talk and embrace empowering thoughts that uplift you.

Eliminate Negative Chatter

Awareness is the first step. It's going to be difficult to become a positive thinker if you aren't aware of the thoughts running through your mind. You cannot underestimate the power that these negative thoughts can hold over you. Awareness is what allows you to process them. Perhaps stretching back into your childhood you had a teacher who consistently told you you'd never amount to anything. It was a long time ago, but we often internalize these thoughts and allow them to influence our self-talk. When you find yourself indulging negative chatter, replace it with something positive. •

Positive Affirmations

An affirmation is a positive statement. It should be focused, short, and believable. When you consistently repeat them you create inroads in your subconscious mind, which unlocks your ability to think positively.

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Be bold when you repeat these affirmations, look yourself in the eye, and say it loud and proud. You might not always be in a position to repeat your affirmations aloud so it's important that you take the opportunity wherever possible.

A Positive Script

It's easy to build a negative thought on top of another negative thought. That spirals out of control and can trap you in limiting situations. You can build positive thoughts on positive thoughts instead. The best way to do that is by creating a positive script. Create a story for yourself that ends positively.

Positive Replaces

Negative Identify negative influences and factors in your life and replace them with positive ones. For example, if you spend time with people who make you feel negative about yourself, don't spend time with them. If certain people who are unsupportive of your hopes and dreams, then don't share those hopes and dreams with them. Surround yourself with positive.

Present Tense

Life can be daunting, especially when you are chasing dreams and goals. It can be overwhelming. It's easy to slip into a stream of anxiety and worry. Focus on what you can do now. Live in the present.

Confront Your Fears

Fear holds us back and if you are afraid of taking a risk it's likely because you're scared of losing your security. You convince yourself that you're happy as is, but you know deep down that isn't the case. Confront your fears – you'll realize that the worst-case scenario is unlikely.

Enjoy

It's easier to be positive when you remain focused on life's positives. Life is full of change, and you're going to experience good and bad. Stay focused on the good. When you feel negatives creeping in, bring your mind back to all the moments you enjoy. Joy is everywhere, just grab hold.

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Practicing self-talk that uplifts you won't happen overnight. It takes time to overcome bad habits and negative self-talk is just that. However, with time and effort, you will be a positive self-talker.

In all things, self-talk included, truth matters. Whether truth about self, others, God's word and the chatter in your mind, the truth we believe determines how we perceive. One of your greatest challenges, especially for those who might be overcoming an abusive relationship, traumatic event/relationship, is speaking truth to lies, untruths and false narratives. The bible tells us, "You can have what you say" (Mark 11:23), words have power.

How To Stop Polarizing Self-Talk

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Polarizing thinking is seeing the world in black and white, all or nothing. There are many people who think this way and see it as a badge of honor. However, most of us recognize that it can be damaging to our overall happiness and health. The more we allow polarized self-talk to take root, the more at risk we are to get caught in the trap of negative thinking.

The majority of life events don't fall into the category of absolutely wonderful nor do they fall into the completely disastrous category. That isn't how life works. Life can be good, and it can be bad, but many people can't help themselves from thinking in absolutes.

Black and white thinking is the type of all, or nothing thought pattern that allows your body to slip into fight or flight mode. We still need that response because there is danger we face in real life. However, many of us are in a constant fight or flight response battle when faced with stress that is not a threat to life.

Polarizing self-talk is emotionally arousing. It creates the perfect recipe for depression and anxiety. Polarizing self-talk is incredibly common in people who suffer from depression, but it isn't exclusively an issue of depression. When humans are faced with difficult situations, we have to make snap decisions. There is no time for maybe, it's time for action. No matter what decision you make, you will be hit with an emotional response that allows you to flee (or fight) the best you can.

The problem is that the majority of situations that we find ourselves in are not life-threatening. So, what of the life events that fall in the middle ground? It's difficult to process those when you haven't made any room for life's shades of gray.

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A failure doesn't make a person a failure. Just because someone else appears perfect doesn't mean they are, and it certainly doesn't make you an awful person. Your life is not a disaster, even though it may feel as though you're losing grip. To live a healthy life, a balance of emotions is important. It isn't about being happy all the time, it's about striking a healthy balance.

You can't lead an emotionally healthy life when you allow the highs of emotional stimulation to sucker you in. Nor can you achieve emotional health if you live in the lows when there is no emotional stimulation. That's what polarizing self-talk does to you, though. It forces you to live in those false highs and lows.

Polarizing thoughts are damaging to you both emotionally and physically. If you're unsure as to whether your self-talk is polarizing, then you have to challenge yourself. There are common words that people use, aloud and internally, when they are caught in the polarizing self-talk cycle. So, when you know how to spot them, you have a better chance at tackling the problem.

Look out for words like always, perfect, awful, never, terrible, impossible, furious, ruined, disastrous. This, of course, is not an exhaustive list. However, it's a good start. The biggest problem with polarizing self-talk is it's emotionally rewarding – it's exciting. That feeling is only temporary. It's easy to slip into this type of thinking and talk when you're angry, disappointed or excited

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How can you even begin to introduce shades of gray?

For example, when a child fails a test, it's easy for them to slip into thinking they're just plain stupid. However, a parent should be standing by to say as disappointing as it is, you can get better for the next test and look at how great you are at other subjects. The first thought is all or nothing, it's polarizing self-talk. The second statement, however, encourages someone to think differently. Life is full of shades of gray.

We are all guilty of making untrue statements about ourselves. Just because your self-talk is whispering them in your ear, doesn't make them true.

- Can I do something stupid and still be an intelligent person?
- Can I get angry with someone I care about, but love them at the same time? • Can my partner be insensitive, but still love me?
- Can certain areas of my life be enjoyable and easy, while other areas are difficult?
- Can the future be easier despite going through difficulty now?
- Can an experience, such as vacation or social situations, be awful while also being great?

Consider the questions above. When you're less rigid in your thinking, it avoids polarizing thinking and allows you to express the negative while also embracing the positive. Two things can be true at once. You can be happy about something while being sad about another. You can recognize disappointment while celebrating success.

Using questions like this will remind you of this and help you stop polarizing self-talk in its tracks.

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How To Stop Polarizing Self-Talk & Engage In Positive Self-Talk

Polarizing self-talk limits possibility. For example, if you are single and haven't been on a date in a while it's easy to tell yourself that you will be alone forever. For a woman who has been laid off and struggling to get an interview, it's easy for her to believe she'll never work again. These thoughts eliminate possibility and they prevent you from solving problems. Polarizing self-talk makes life feel untenable.

It can be difficult to think rationally when we're dealing with deep emotions. How can you think logically or reasonably when your emotions are in a state of imbalance?

While for some, there are underlying emotional issues or disorders that could be causing your polarizing self-talk. The rest of us, however, simply require an emotional rebalance. Some people may find a therapist helpful, while others may find use in the techniques we provide below.

Re-framing Your Thoughts

Polarizing self-talk is qualified by immediacy. You should allow yourself time. Take a few moments, breathe deep, and challenge polarizing thoughts as they pop up. If you are denigrating your abilities, affirm your skills and attributes. You can take a thought like I have no skills; I'm worthless, to I'm not great at accounting, but I am excellent at organizing. The latter is a realistic thought, it provides you with self-loving, and it helps you eliminate polarizing self-talk.

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Finding the Middle Ground

Life is challenging. People are challenging. It's difficult, it can be hard to deal with. However, with the bad comes the good. It's rare that someone or something is so horrible that you can't deal with it. Change is not impossible. It's important to search for shades of gray and to remind yourself that difficulty is only temporary.

Talk to others about the shades of gray you've found and help limit the emotional intensity that causes polarizing self-talk.

Goodbye to Ever & Never

It's easier to banish the absolutes from your self-talk when you learn to temper your expectations and thoughts. It's about taking it from everybody hates me to sure, I don't get along with my next-door neighbor, but I get on well with the people across the street. Or, I'm never going to be happy to I'm unhappy right now, but I'm doing the best with what I have. Realistic thinking allows you to create a framework that makes the future feel possible.

Polarizing self-talk isn't something that manifests overnight. Therefore, you cannot banish it overnight. Allow yourself the time and space necessary to identify the sources of your polarizing self-talk and eliminate them.

When you feel anxious, depressed or stressed, then it's important that you observe your self-talk. What are you saying and why are you saying it?

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The way you challenge this thinking is important, and there are several ways you can tackle it.

- Identify the distortions and label them.
- Examine whether there is evidence to tell you this distortion in your thoughts is true.
- Test using the double-standard method, i.e.: would you say these things to a friend dealing with a similar situation?
- Make an effort to think in shades of gray. If you find yourself thinking polarizing thoughts, take a moment to inject some middle ground.
- Ask others whether they believe your polarizing self-talk is valid.
- Define the terms you use to label yourself. Do you always fit into these?
- Stop using should and think in terms of preference. Rather than saying you should say I'd prefer, or I'd like.
- Ask what other factors may be contributing to the problem.
- Compare the pros and cons of believing your polarizing self-talk to be true.

As an example, imagine you're a student. You have been a straight-A student for as long as you remember. That dedication to your studies has secured you a full scholarship to your first-choice college. It's the first semester of your freshman year and it isn't going as you'd planned. You are struggling emotionally as you consistently get Bs. You feel as though you're letting everyone down, that you're failing.

The goal of self-talk should be to balance self-responsibility and self-compassion. So, to put this into context, we have put together several examples.

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The Problem: An Ability To See Things Out

Do you lose steam as you approach the end of a task? You may get to 95% completion and then decide you'll finish that 5% later. You start telling yourself you've done a terrible job anyway so, what's the point? Is that the most efficient way to work? Or, does that incomplete task sit undone for days (or even longer), taking up space in your head, consuming your resources?

Your self-talk can help. You can tell yourself While it may feel difficult to finish this task now, it will feel easier once it's finished and I'll feel better for it.

This will help you push on and get the job done. More importantly, it helps put things in context.

The Problem: Overthinking Decisions & Overcomplicating Solutions

Do you overcomplicate things by ignoring the most obvious solution? It's tempting to put yourself down for it. You feel the polarizing whispers Why can't you just do it right? Instead, flip the script and practice self-talk like What is the simplest way to tackle this situation? This is a reminder that a) you are capable of finding simple solutions and b) you can find a solution without overthinking and overcomplicating matters.

The Problem: A Belief I'm Not Working Enough

Everyone else sees you as a hard worker, but for some reason, you are convinced that you're not hard-working enough. That perception has you telling yourself that you're lazy and undeserving of success. Is that rooted in reality when you're the only one with this perception? You're not lazy, you work smart by taking in the big picture to carry out tasks effectively.

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Stop Polarizing Self-Talk is simply paying attention to your self-talk and correcting it.

- Identify self-sabotaging patterns
- Identify the course of action to best deal with those patterns
- Choose a phrase that will help direct you to your course of action

Positive self-talk should be nurturing. If you're using positive self-talk to direct you to the correct course of action, then it's going to feel nurturing. If it feels critical or harsh, then revise it.

Conversely, if your self-talk is too positive and removes accountability, then you need to revise it so that it's directing you to the right course and appropriate behavior. There are some examples below.

- **Negative:** I am scared.
- **Positive:** I am confident, and I am courageous.

- **Negative:** I am angry.
- **Positive:** I am determined and motivated.

- **Negative:** I am embarrassed, ashamed and guilty.
- **Positive:** I am proud of myself for doing my best and I value my performance.

- **Negative:** I am confused and uncertain.
- **Positive:** I am committed to learning.

- **Negative:** I am hopeless, and I am pessimistic.
- **Positive:** I am blessed, I am hopeful and I am able to control what I can control.

- **Negative:** I'm stuck.
- **Positive:** I have the power and the personal agency to decide.

- **Negative:** I will never be able to do this.
- **Positive:** I am capable of accomplishing anything I set my mind to.

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The only way to challenge thoughts like this is in shades of gray. You're being a perfectionist and seeing things in only good or bad. Getting Bs isn't going to get you tossed off your scholarship program and it isn't going to disappoint anyone. You might believe you can do better, and that could be true, but that doesn't mean you should allow those polarizing thoughts to get you down.

Is there someone in your life who tends to approach a situation with negativity? Might this have rubbed off on you? There's a good chance it has if it's someone you grew up with (like your parents or siblings) or someone you spend a lot of time with (like a colleague or romantic interest).

Our polarizing self-talk doesn't necessarily originate with us. Moods are contagious and if you spend time with negative people, it's difficult to resist adopting that same attitude. It's equally difficult to overcome the negative comments that others may make about you.

However, it's important that you understand those negative comments come from their own insecurities and aren't really about you. Don't let their comments push you into polarizing self-talk.

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Instead of allowing others to get to you, discuss the issue at hand. It's important that you dig and find the source of your polarizing self-talk. If that doesn't solve the issue, then you need to separate yourself from this person. For some people, that will require removing them from your life to save your life. It is possible to love someone and not be able to survive a relationship with them. Sometimes, you have to put people in your prayers and remove them from your life when a relationship threatens your mental, emotional or physical health.

However, the majority of us can simply limit the amount of time we spend with the negative people in our lives. We all want the same things from life, at a base level, to be happy and safe. To achieve this, you will need to adopt a positive outlook and learn how to approach your goals with a positive outlook and mindset. Polarizing self-talk runs contrary to this.

What does it mean to change your outlook? It's simply about altering your attitude to keep on top of polarizing self-talk and negative thoughts. To start, you can check in with your thoughts as regularly as possible throughout the day.

Do you criticize yourself as you look in the mirror when getting ready? Or, as you undress to shower? Do you chide yourself for having a second cup of coffee? Are you likely to insult yourself if you're running late? You have to stop the negativity in its tracks and replace it with positive thoughts and comments.

Every time you feel tempted to react with polarizing self-talk, you need to take a step back and assess the situation. Are you just jumping to conclusions? Or, is there any fact in your negativity?

Look, having a cookie at the office party might not have been the healthiest choice you could have made. However, it's only going to add 150 calories or so to your count and the day and week are long. You can claw those calories back. It won't ruin your efforts if you're trying to lose weight or just look after your waistline.

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When you look at your reflection in the mirror, repeat a mantra or affirmation. You can do this aloud or internally. You may feel silly at first, but you will see a difference in no time. Practicing positive self-talk is the best way to overcome polarizing self-talk and it's something you can practice at any time. Essentially, you're celebrating every positive choice you make instead of putting yourself down when you make the wrong one.

Compliment yourself with you wear a new outfit. Pat yourself on the back for choosing fruit instead of chips. Cheer inwardly when you enjoy a glass of water instead of grabbing a soda. This will have a massive impact on your determination and overall attitude.

20 Conversations To Have With Yourself

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What Is My Inner Truth?

There are many other signs that you're engaging in negative self-talk. Again, sometimes it's obvious like when you notice the internal criticism. In general, take notice of any negative or abnormal changes you experience in your life. Consider all areas of life, including home, work, school, religious or spiritual activities, social relationships, health, finances, etc.

- You're performing worse in school, work, and/or extracurricular activities.
- You use harmful substances, or you use them more often than you did before.
- You experience thoughts of self-harm and/or suicide.
- You spend less time with social connections than you did in the past.
- You're engaging in more arguments with other people.
- You get sick more often.

Understanding my inner truth is an intimate and profound journey into the core of my being. It's about peeling back the layers of external influences and self-imposed restrictions to reveal the most authentic parts of myself.

This exploration requires courage and honesty, as it involves facing aspects of my personality and life that I might have previously overlooked or suppressed. Recognizing my inner truth is vital for living a life that genuinely resonates with my deepest values and desires.

It involves identifying my true passions, fears, beliefs, and aspirations, and understanding the significant role they play in shaping my daily decisions and long-term plans. This process of uncovering my inner truth is not just beneficial for self-awareness but is essential for personal growth and fulfillment. It provides clarity and direction, enabling me to make choices that truly reflect who I am and what I stand for.

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Embracing my inner truth is about acknowledging and celebrating my unique identity, free from the shackles of societal expectations or external pressures. This journey, although challenging, is crucial for cultivating self-acceptance, self-love, and ultimately, a sense of peace and contentment within myself.

- **Discovering Core Values:** Diving deep into my personal values to understand what truly guides my life choices and interactions.
- **Identifying True Desires:** Reflecting on what I genuinely desire, distinct from societal expectations or external influences, and exploring why these aspirations matter to me.
- **Personal Beliefs And Perspectives:** Considering my beliefs about myself and the world, how they have evolved, and how they impact my daily life.
- **Influences And Life Conditioning:** Examining how my upbringing, cultural background, and experiences have shaped my perspectives and identity.
- **Living Authentically:** Contemplating the steps I can take to embrace and express my true self, enhancing my life experience and relationships.

What Am I Willing To Sacrifice For My Goals?

When considering what I am willing to sacrifice for my goals, it's about comprehending that every significant ambition comes with its set of trade-offs. This self-reflection is crucial in aligning my actions with my long-term objectives, helping me make informed and conscious choices about what's genuinely important to me.

Recognizing that some sacrifices are necessary for growth and progress involves a deep understanding of my priorities and values, ensuring that the sacrifices I make are aligned with what I ultimately seek to achieve in life. It's not just about physical or material sacrifices; it also encompasses emotional and psychological ones. For instance, pursuing an advanced career path might mean sacrificing leisure time or comfort.

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Acknowledging and accepting these sacrifices is essential for minimizing potential regrets and conflicts in the future, as it ensures that my actions are in harmony with my true desires and aspirations.

This process of determining the necessary sacrifices helps maintain a balance between my ambitions and other important aspects of my life, such as well-being, relationships, and personal integrity.

- **Time And Commitment:** Reflecting on the amount of time and effort I'm willing to dedicate to my goals and considering the impact on other aspects of my life.
- **Financial Investments:** Assessing the financial implications and sacrifices needed for achieving my goals, like budget adjustments, saving plans, or investment in resources.
- **Impact On Relationships:** Thinking about how the pursuit of my goals might affect my relationships and social life, and how to maintain healthy relationships amidst my ambitions.
- **Comforts And Lifestyle Changes:** Identifying the comforts and habits that I might need to alter or relinquish in my pursuit of success.
- **Well-Being And Self-Care:** Balancing the demands of my goals with the need for self-care and well-being, ensuring that my physical and mental health are not compromised.

How Capable Am I?

Realizing exactly how capable I am involves an honest and balanced assessment of my abilities, talents, and potential. It's about acknowledging my strengths with confidence and recognizing my limitations with a constructive mindset.

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This self-assessment is crucial for setting achievable goals and understanding my true capacity, ensuring I don't overestimate or underestimate my abilities. Recognizing my capabilities involves celebrating my strengths and actively working on areas that need improvement or further development. It's a journey of self-discovery that helps me make informed decisions about my career, relationships, and personal growth.

By understanding my capabilities, I foster self-confidence and self-esteem, which are pivotal for tackling challenges and seizing opportunities that come my way. This process also involves acknowledging and valuing my unique talents and contributions, leading to increased satisfaction and fulfillment in various aspects of my life.

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- **Evaluating Skills And Strengths:** Taking stock of the skills and strengths I possess, understanding how I've developed them, and recognizing their role in both my personal and professional life. This is about appreciating the abilities I have honed over time and acknowledging how they contribute to my achievements.
- **Identifying Areas For Improvement:** Being honest about areas where I lack expertise or experience, and considering what steps I need to take for growth, such as additional training, new experiences, or seeking mentorship.
- **Confronting Self-Doubt:** Acknowledging moments of self-doubt or imposter syndrome and exploring their roots. It's crucial to challenge these negative perceptions and reinforce a more positive and realistic view of my abilities.
- **Reflecting On Past Achievements:** Looking back at my past successes, no matter the scale, to understand what they reveal about my resilience, problem-solving skills, and capacity to overcome challenges.
- **Seeking Constructive Feedback:** Opening myself up to feedback from colleagues, mentors, or friends to gain an external perspective on my strengths and areas where I can improve.
- **Setting Personal Challenges:** Actively placing myself in situations that test my limits in areas where I feel less confident, as a way to build proficiency and self-assurance.
- **Embracing Learning And Growth:** Continuously looking for opportunities to learn and evolve, be it through formal education, workshops, or self-driven learning, to enhance my skill set and capabilities.

Where Do I See Myself In 5 Years? In 10 Years?

Envisioning where I see myself in 5 or 10 years is an essential exercise in goal setting and future planning. It involves projecting my thoughts forward and picturing the life I aspire to lead. This conversation with myself includes various aspects of my life, such as career, personal growth, relationships, and lifestyle.

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It's an opportunity to dream big, set ambitious goals, and also to be realistic about what can be achieved within these timeframes. Reflecting on my future helps align my current actions and decisions with my long-term aspirations. It ensures that I am making choices that contribute to the realization of my envisioned future, fostering a life that aligns with God's plans for my life, my deepest desires and values.

- **Faith Goals:** Creating and applying faith goals involves not simply praying but exercising faith through spiritual growth, serving/volunteering your gifts and talents, and cultivating your purpose driven life.
- **Career And Professional Goals:** Visualizing where I want to be professionally in the next 5 to 10 years, identifying the steps I need to take, and considering the skills and experiences required to reach these career milestones.
- **Personal Development Objectives:** Contemplating the personal growth and learning I wish to achieve, focusing on emotional development, skill enhancement, and knowledge acquisition that align with my aspirations.
- **Future Of Personal Relationships:** Reflecting on the state of my personal relationships and what I hope they will look like in the future, considering both personal and professional connections, and how I can nurture these relationships.
- **Lifestyle Goals:** Imagining the lifestyle I aspire to have, including health, hobbies, travel, or family life, and contemplating the changes that might be necessary to achieve this desired lifestyle.
- **Financial Planning For The Future:** Considering my financial goals, including savings, investments, or major life purchases, and strategizing how I plan to manage my finances to realize these goals.

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Is There Something Stopping Me From Getting What I Deserve?

Reflecting on what might be preventing me from reaching my full potential is an essential step in my personal growth journey. I often find myself pondering whether it's my own self-doubt, a hidden fear of actually succeeding, or perhaps external factors that are slowing me down.

It's about taking an honest look at myself, figuring out if there are internal or external roadblocks in my way. This self-reflection isn't just about identifying these barriers; it's also about empowering myself to tackle them head-on. By acknowledging these challenges, I can better plan how to navigate or dismantle them, ensuring they don't hold me back from the success and fulfillment I'm striving for. This process is a crucial part of my journey towards realizing my true capabilities and seizing the life I envision for myself.

- **Self-Limiting Beliefs:** Reflecting on negative beliefs about myself that might be limiting my perception of what I deserve and finding ways to challenge and change these perceptions.
- **Fear Of Success:** Considering any apprehensions about achieving success, such as increased responsibility or changes in relationships, and formulating strategies to address these fears.
- **Resource Assessment:** Evaluating whether I have the necessary resources, support, and network to achieve my goals, and identifying steps to acquire them if not currently available.
- **Recognizing External Obstacles:** Acknowledging any external factors, like societal norms or family expectations, that might be impeding my progress, and strategizing ways to navigate or challenge them effectively.
- **Developing A Comprehensive Plan:** Creating a plan to systematically overcome these barriers, including setting specific, achievable steps, and seeking support from mentors, peers, or professionals when needed.

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When Do I Feel Most Like Myself?

Understanding when I feel most like myself is crucial for maintaining my authenticity and integrity. It's in these moments that I truly connect with my core identity, free from external influences and societal pressures.

This introspection helps me recognize the environments, activities, and relationships that allow me to express myself genuinely. Identifying these moments is vital because they are a clear indicator of where and when I am most at peace, happiest, and most fulfilled.

It guides me in making choices that align with my true self, whether in my personal life, career, or social interactions. These moments are a reminder of who I am at my essence, serving as a compass for decisions and life paths that resonate deeply with my inner being.

By regularly reflecting on when I feel most like myself, I can ensure that my life is a true reflection of my values, desires, and passions, leading to a more satisfying and meaningful existence.

- **Identifying Comfort Zones:** Reflecting on the situations or environments where I feel most comfortable and at ease helps me understand my natural inclinations and preferences.
- **Recognizing Authentic Expressions:** Acknowledging when I express myself most authentically, whether through creativity, conversation, or actions, and exploring what these expressions reveal about my true nature.
- **Assessing Emotional Responses:** Paying attention to the times when my emotions feel most genuine and unguarded, as these moments are often when I am most in touch with my true self.
- **Connecting With Passions And Interests:** Identifying activities or interests that truly resonate with me, where I lose track of time and feel deeply engaged, helps me understand my core passions.

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Is There Something That I Am Not Being Honest With Myself About?

Taking a hard look at whether I'm truly being honest with myself can be a tough but vital part of my journey towards personal growth. It's about diving into the depths of my own mind and heart, confronting those truths I might be skirting around.

This kind of deep self-examination is really important. It helps me cut through any self-deception or denial that's been holding me back. When I face these hidden truths head-on, it clears the way for me to make choices that are more in tune with my truth, my identity and my personal agency.

It's like untangling knots within me, smoothing out the internal conflicts and clearing obstacles that block my path to true happiness and fulfillment. Embracing this level of honesty with myself is a crucial step in nurturing my self-awareness and living authentically, making sure my life genuinely reflects my values and beliefs.

- **Unacknowledged Emotions:** Reflecting on any emotions I might be suppressing or ignoring, and understanding the impact of these unresolved feelings on my well-being and decisions.
- **Avoided Truths And Realities:** Acknowledging difficult truths or realities I might be avoiding and exploring why I am hesitant to face them.
- **Self-Deception In Goals And Aspirations:** Considering whether the goals and aspirations I pursue are genuinely my own, or if they are influenced by external expectations or pressures.
- **Facing Fears And Insecurities:** Identifying fears and insecurities I might be avoiding, understanding their roots, and considering how confronting them can lead to personal growth.

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If I Were My Best Friend, What Advice Would I Give Myself?

If I were my best friend, the advice I'd give myself would revolve around self-compassion, understanding, and honesty. This role reversal allows me to step back and offer myself the kind of guidance and support I usually reserve for others. It's a unique way to gain a fresh perspective on my own life, challenges, and decisions. I'd remind myself to treat my feelings with kindness, to listen to my inner voice with patience, and to approach my problems with the same empathy I extend to a close friend. This mental exercise is not just about finding practical solutions; it's about nurturing my emotional well-being.

It's a reminder to be as forgiving and understanding with myself as I am with others, to celebrate my strengths as much as I help others recognize theirs, and to be as committed to my own growth and happiness as I am to my friend's.

- **Self-Compassion And Understanding:** Reminding myself to treat my struggles with the same compassion and understanding I'd offer a friend, recognizing that kindness towards oneself is as important as towards others.
- **Objective Perspectives On Challenges:** Considering how I would advise a friend facing similar issues, applying that objective, caring perspective to my own life to offer clarity and direction.
- **Prioritizing Self-Care And Well-being:** Emphasizing the importance of self-care and mental health, just as I would urge a friend to look after their well-being and take time for themselves. And when necessary, seek help, support for difficult challenges.
- **Balanced Decision-Making:** Offering myself balanced and thoughtful advice on key decisions, mirroring the level-headed and insightful suggestions I would provide to a close friend.

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WHAT MOTIVATES ME?

Understanding what motivates me is key to unlocking my full potential and directing my energy towards meaningful goals. It's about tapping into the internal and external factors that drive me to take action, overcome challenges, and pursue my aspirations. This self-reflection helps me align my daily activities with my deeper motivations, ensuring that I am not just going through the motions, but actively working towards things that genuinely matter to me. It involves recognizing both the immediate and long-term rewards that I seek, whether it's personal satisfaction, recognition, the desire to help others, or the pursuit of knowledge and growth.

By identifying what motivates me, I can structure my life in a way that keeps me engaged, inspired, and productive. This clarity also aids in overcoming periods of demotivation or burnout, as it reminds me of the reasons behind my actions and helps reignite my passion.

- **Personal Values And Beliefs:** Reflecting on how my core values and beliefs influence my motivations and drive my actions and decisions.
- **Goals And Aspirations:** Identifying the goals and aspirations that excite me and provide a sense of purpose, and how they propel me forward.
- **Sources Of Inspiration:** Acknowledging the people, experiences, or ideas that inspire and motivate me, and considering how I can actively seek these sources in my life.
- **Overcoming Challenges:** Considering how my motivation helps me tackle challenges and obstacles, and what keeps me going during tough times.
- **Reward And Satisfaction:** Understanding the types of rewards and satisfaction I seek, such as personal achievement, helping others, or financial success, and how they motivate me.

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How Does My Uniqueness Make Me Special?

Celebrating what makes me uniquely me is a crucial part of embracing who I am. It's not just about liking the things that make me different; it's about understanding how these very traits, quirks, and experiences give color to my life.

I've come to see that my unique qualities aren't just self-esteem boosters; they're the tools I use to leave my mark on the world. Whether it's my odd sense of humor, the way I see things differently, or the unique blend of experiences that I've lived through, each part plays a role in shaping my identity. This journey of embracing my uniqueness has shown me the importance of my own voice and vision.

It's taught me that my individuality isn't just something to be accepted but celebrated and used as a source of strength and creativity, lighting the way as I carve my own path. As I acknowledge my uniqueness, I am also acknowledging God's love and kindness towards me.

- **Celebrating Individual Traits:** Acknowledging and appreciating the unique traits and characteristics that define me and set me apart from others.
- **Valuing Personal Experiences:** Recognizing how my individual experiences have shaped me and contributed to my unique perspective on life.
- **Embracing My Talents And Skills:** Celebrating the talents and skills that I possess, understanding how they contribute to my uniqueness and how I can use them to make a difference. Realizing that these abilities not only distinguish me but also enable me to offer something unique in every aspect of my life, be it in my career, hobbies, or relationships.
- **Learning From My Life Story:** Reflecting on my life journey, including the challenges and triumphs, and how these experiences have uniquely shaped me. Recognizing that my story, with its ups and downs, has built a distinctive character and resilience within me.

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- **Appreciating My Quirks And Idiosyncrasies:** Embracing the quirks and idiosyncrasies that make me who I am, understanding that these peculiarities add depth and color to my personality. Acknowledging that it's these little differences that endear me to others and make my interactions more authentic and meaningful.
- **Exploring My Unique Perspective:** Valuing the unique perspective I bring to situations, shaped by my experiences, thoughts, and beliefs. Recognizing that this perspective can offer new insights and solutions, contributing positively to conversations, projects, and problem-solving.
- **Celebrating Diversity Within Myself:** Acknowledging the diversity within me, whether it's in my interests, abilities, or viewpoints. Understanding that this internal diversity is a source of strength and creativity, enabling me to approach life with a rich and varied outlook.

What Are The Reasons I Should Be Grateful For Me?

There are countless reasons why I should be grateful for who I am. This exercise of self-gratitude is more than just an act of self-love; it's an acknowledgment of my worth and achievements. Recognizing the qualities, experiences, and efforts that make me unique fosters a sense of appreciation for my journey and my being.

This gratitude is crucial because it shifts my focus from what I lack to the abundance within me, enhancing my self-esteem and happiness. By being grateful for myself, I nurture a positive relationship with who I am, celebrating my strengths, resilience, and growth.

It reminds me that I am deserving of love and respect, starting with how I treat myself. This practice is a powerful tool against negative self-talk and self-doubt, as it highlights my value and contributions to my life and the lives of those around me.

Your Super Power

- **Embracing My Strengths:** When I think about the talents I have, it's like seeing the best parts of myself. These strengths have not just shaped my path but also touched the lives of people around me, sometimes in ways I never even realized.
- **Reflecting On My Growth:** Looking back at my journey, the hurdles I've crossed stand out. It's like climbing a mountain and pausing to see how far I've come, realizing each step, each challenge, has gifted me wisdom and strength.
- **Valuing My Impact:** I often ponder the difference I've made, be it at work, in my community, or in my personal relationships. It's heartwarming to see how even small actions can ripple out and bring about positive change.
- **Celebrating What Makes Me, Me:** Embracing the things that make me unique is like discovering hidden treasures within. My personality, my experiences, they're like colors that paint my world differently, making me who I am.
- **Honoring My Efforts And Resilience:** When I consider the effort I've put into various aspects of my life, it's like acknowledging a silent, inner strength. This resilience has been a cornerstone in shaping both my character and my life's journey.

When Am I The Happiest Version Of Myself?

Identifying when I am the happiest version of myself is crucial for understanding what brings me true joy and fulfillment. It involves exploring the moments, activities, and circumstances that elicit genuine happiness and contentment in my life. This self-reflection helps me recognize the aspects of my life that I should prioritize and seek more of.

It's about understanding the conditions under which I thrive, whether it's being engaged in a particular hobby, spending time with loved ones, or accomplishing goals. By pinpointing these moments, I can structure my life in a way that maximizes my happiness and well-being.

Your Super Power

This understanding also guides me in making life choices that align with what genuinely makes me happy, rather than conforming to external expectations or societal norms.

- **Evaluating Relationships:** Considering the relationships in which I feel happiest and most fulfilled, and understanding the qualities of these relationships that contribute to my happiness.
- **Analyzing Accomplishments:** Thinking about the accomplishments and milestones that have brought me the most satisfaction, and how these achievements align with my values and goals.
- **Understanding Emotional Triggers:** Recognizing the emotional triggers that consistently lead to feelings of happiness, such as certain experiences, memories, or interactions.

What Worries Me? How Can I Fix It?

Confronting what worries me and seeking solutions is an essential part of managing my anxiety and maintaining mental well-being. This self-inquiry involves identifying the sources of my worries, be they related to personal, professional, or social aspects of my life.

Understanding these concerns allows me to address them proactively, rather than allowing them to fester and grow. By actively seeking solutions or coping strategies, I empower myself to take control of my fears and anxieties.

This process is not just about problem-solving; it's also about cultivating resilience and a positive mindset towards challenges. Recognizing and addressing my worries head-on enables me to live a more balanced and stress-free life, enhancing my overall quality of life.

Your Super Power

- **Identifying Sources Of Anxiety:** Pinpointing the specific issues or situations that cause me worry, and understanding the underlying reasons for these anxieties.
- **Developing Coping Strategies:** Exploring effective coping mechanisms, such as mindfulness, exercise, or talking to someone, that can help mitigate my worries.
- **Seeking Solutions:** Actively seeking practical solutions or changes that can address the root cause of my concerns, whether it's in my personal or professional life.
- **Building Emotional Resilience:** Working on building emotional resilience to better handle worries and stressors, including practicing self-care and seeking support when needed.
- **Reflecting On Past Experiences:** Drawing on past experiences where I successfully managed worries, and understanding how those strategies can be applied to current concerns.
Remembering past successes in overcoming worries serves as a reminder of my ability to handle challenges effectively.

What Are The Boundaries I need To Set For A Happier Life?

Establishing boundaries is critical for maintaining a happier, healthier life. It's about defining what is acceptable and beneficial for my well-being and what isn't. This process involves introspection into my limits, be they emotional, physical, or mental, and clearly communicating these to others.

Setting boundaries is a form of self-respect and self-care, as it protects my energy and space from being drained or violated. It's also about respecting others' boundaries, fostering mutual understanding and healthy relationships.

By setting clear boundaries, I can avoid burnout, reduce stress, and cultivate a sense of control and security in my life. It empowers me to say no to situations that are harmful or draining and yes to those that promote my growth and happiness.

Your Super Power

- **Understanding Boundaries And Rules:** Boundaries define what I will not allow myself to do and my boundaries include rules and responsibilities for the behavior of others in a relationship with me. And understanding that boundaries do not keep people out of our life, boundaries invite people to participate in a healthy, loving relationship with responsibilities.
- **Understanding Personal Limits:** Reflecting on my limits in various aspects of life, including work, relationships, and personal time, and understanding why these boundaries are important for my well-being.
- **Communicating Boundaries Effectively:** Learning to communicate my boundaries clearly and assertively, ensuring that they are understood and respected by others.
- **Balancing Flexibility And Firmness:** Striking a balance between being flexible with my boundaries and being firm when they are challenged or disregarded.
- **Respecting Others' Boundaries:** Acknowledging and respecting the boundaries set by others, understanding that their limits are as important as mine.
- **Re-Evaluating Boundaries Regularly:** Regularly assessing and adjusting my boundaries as my needs and circumstances change, ensuring that they continue to serve my well-being.

What In My Past Have I not Let Go Of? How Can I Be Free Of The Chains In My Past?

Identifying and releasing the chains of my past involves acknowledging unresolved issues, traumas, or experiences that continue to influence my present life. This introspection is crucial for healing and moving forward. It's about confronting painful memories or feelings that I may have been avoiding and understanding their impact on my current behavior and mindset.

Your Super Power

Letting go of these past burdens allows me to live more fully in the present and plan for the future without being held back by unresolved emotions or experiences. It involves forgiving others and myself, learning from past mistakes, and finding closure.

This process is not only liberating but also transformative, as it opens the door to new opportunities and a more positive outlook on life.

- **Identifying Lingering Issues:** Reflecting on past experiences or relationships that still affect me, and understanding why I have held onto these memories or feelings.
- **Practicing Forgiveness:** Exploring the power of forgiveness, both towards others and myself, as a way to release resentment and find peace.
- **Learning From The Past:** Drawing lessons from past experiences, understanding how they have shaped me, and using this knowledge to guide my future actions.
- **Seeking Closure:** Finding ways to achieve closure on unresolved issues, whether through conversation, writing, therapy, or other forms of expression.
- **Focusing On The Present And Future:** Shifting my focus to the present and future, and actively working towards goals and aspirations that are not hindered by my past.

How Can I Turn Envy Into Inspiration?

Transforming envy into a source of inspiration is a journey towards recognizing and valuing my unique path and potential. It's about shifting my perspective from comparison to reflection and motivation, seeing the achievements of others as a mirror for my aspirations.

Acknowledging feelings of envy without judgment allows me to understand what they reveal about my desires and goals. It's a process of turning inward, recognizing where I feel lacking, and using that awareness as a catalyst for my growth.

Your Super Power

By focusing on my personal strengths and achievements, I can transform envy into admiration and inspiration. This shift encourages me to set meaningful goals based on what truly resonates with my ambitions, not out of competition with others.

Adopting this new outlook nurtures a deep appreciation for my own path and the distinct journeys of those around me. It evolves into a dynamic force for personal growth, propelling me forward with fresh determination and a brighter outlook. This mindset shift isn't just about reaching my goals; it's about trusting God for what He has for me, and embracing the journey with gratitude and a spirit of genuine positivity.

- **Recognizing Envy's Message:** Seeing envy as a signal, pointing out desires or needs I haven't addressed. It's a chance to look inward and discover what I truly want for myself.
- **Finding Inspiration In Others' Achievements:** Embracing the success of others as a source of motivation, rather than a measure of my own value. This shift encourages me to draw inspiration from their triumphs, fueling my own journey without feeling lesser by comparison.
- **Setting Personal Goals:** Using the insight envy provides to shape my own dreams and objectives. It's about turning feelings of want into a blueprint for my future, laying out steps that are within my reach.
- **Promoting Gratitude:** Shifting focus towards being thankful for the roads I've traveled and the milestones I've reached helps soften the sting of envy. Gratitude becomes a lens that changes how I view my life and achievements.
- **Celebrating Unique Paths:** Embracing the idea that each journey is uniquely its own, including mine. It's a commitment to walk my path with pride and purpose, knowing that my route is mine alone to navigate and cherish.

Your Super Power

What Small Steps Can I Take Today Towards A Bigger Goal?

Every monumental goal begins with a single, small step. Recognizing the power of incremental progress is essential for moving closer to my larger aspirations, making the journey seem less daunting and more achievable.

Identifying actionable, daily tasks that contribute to my bigger goal helps break down the overwhelming into manageable pieces. It's about celebrating each small victory, understanding that every step forward is progress.

Staying grounded in the here and now, focusing on today's achievable tasks, wards off the sense of being stuck and kickstarts progress. By concentrating on what's immediately in front of me, I stay motivated and tethered to my broader goals, moving forward one step at a time.

Reflecting on the progress made through these small steps reinforces my belief in my ability to achieve my goals. It instills a sense of accomplishment and motivation to continue pushing forward, no matter the pace.

Your Super Power

- **Seeing Lessons In Setbacks:** Treating every setback as a chance to learn something new and improve my skills.
- **Strengthening Through Struggles:** Recognizing that every challenge I overcome makes me stronger and more prepared for what's next.
- **Risking Wisely for Growth:** Acknowledging that some risks are necessary stepping stones for innovation and personal growth.
- **Cultivating A 'Yes I Can' Attitude:** Embracing the belief that through hard work and dedication, I can expand my abilities and reach new heights.
- **Learning From Every Misstep:** Committing to take lessons from each error, using these insights to navigate future endeavors more wisely.

How Can I Be Kinder To Myself Today?

Practicing self-kindness is an act of courage and an essential component of my well-being. It involves treating myself with the same compassion and understanding that I would offer a friend, acknowledging my worthiness of love and care.

Incorporating self-compassion into my daily routine means recognizing my limitations and embracing my imperfections without harsh judgment. It's about replacing critical self-talk with words of encouragement and support.

Being kinder to myself also includes allowing space for rest and self-care, understanding that taking care of my needs is not selfish but necessary for my health and happiness.

Nurturing a routine of being kind to myself has subtly shifted how I see my own strengths and flaws. This kindness has built up a stronger, more positive image of who I am, making me more resilient in tackling the ups and downs life throws my way.

Your Super Power

- **Fostering Supportive Self-Conversations:** Transitioning from self-criticism to adopting encouraging affirmations that bolster my spirit.
- **Allocating Time for Self-Care:** Setting aside dedicated moments for activities that revitalize my body, clear my mind, and soothe my emotions.
- **Welcoming Flaws As Lessons:** Seeing mistakes as natural parts of learning and growing, rather than markers of failure.
- **Mapping Out Reachable Targets:** Identifying my capabilities to establish goals that are within my reach, minimizing stress.
- **Pursuing Joyful Endeavors:** Immersing myself in hobbies and interests that light up my world and bring a sense of fulfillment.

What Lessons Have My Failures Taught Me?

Embracing my failures as lessons rather than setbacks is a transformative process that fosters resilience and wisdom. Each misstep offers invaluable insights into my strengths, areas for improvement, and the complex journey of personal growth.

Reflecting on past failures with a mindset of curiosity and openness allows me to extract lessons and apply them to future endeavors. It's a practice of mining the depths of disappointment for nuggets of understanding and direction.

Recognizing that failure is not a reflection of my worth but a natural part of the learning process helps me to approach challenges with confidence and a willingness to take risks.

By valuing the lessons gleaned from setbacks, I cultivate a growth mindset that views obstacles as opportunities for development. This perspective shifts my approach to life, making me more adaptable and resilient in the face of adversity.

Your Super Power

- **Spotting Opportunities To Grow:** Viewing setbacks as valuable lessons that offer chances to enhance my skills and knowledge.
- **Nurturing Strength Through Challenges:** Recognizing that navigating through tough times builds the resilience needed for tackling future obstacles.
- **Appreciating Thoughtful Risks:** Realizing that taking well-considered risks is a crucial step for personal development and sparking innovation.
- **Building Perseverance For Growth:** Believing in the relentless pursuit of improvement, recognizing that it's through consistent effort and resilience that my capabilities and perspectives widen.
- **Drawing Lessons From Mistakes:** Making a conscious effort to reflect on and learn from each error, with the goal of making future journeys less bumpy.

What Are My Core Values, and How Do They Guide My Life?

Identifying my core values is like uncovering the compass that guides my decisions, behaviors, and interactions with the world. These deeply held beliefs act as the foundation upon which I build my life, influencing every choice I make.

Understanding my values helps me to live with intention, aligning my actions with what I hold most dear. It creates a sense of purpose and direction, ensuring that my life reflects what truly matters to me. Feeling truly fulfilled and authentic happens when my actions align with my core values. It's this harmony that guides me towards a life filled with purpose and meaning, offering clarity amidst life's twists and turns.

Revisiting and refining my values over time allows me to adapt to life's changes and continue growing as a person. This ongoing process of self-discovery and reflection ensures that my life remains true to my evolving sense of self.

Your Super Power

Engaging in these meaningful self-conversations is a transformative journey towards self-awareness and personal growth. By addressing these diverse aspects of your being, you not only recognizing your strengths and confronting your fears but also charting a path towards a more authentic and fulfilled self.

These dialogues serve as a compass, guiding you to understand your true desires, motivations, and values. They are an integral part of a journey that is uniquely yours, one that continually evolves as you grow and learn.

Embracing this process of introspection is a profound step towards living a life that genuinely reflects who you are.

- **Digging Deep Into My Beliefs:** Embarking on a journey inward to grasp the core ideas and values that influence my perspective on life and myself.
- **Matching My Actions To My Beliefs:** Actively ensuring that how I live day-to-day reflects the values I stand for.
- **Guiding Choices With My Values:** Letting the principles I hold dear lead the way in big life decisions.
- **Relying On My Values In Tough Times:** Turning to my deepest convictions for strength when challenges arise.
- **Staying Authentic:** Making a committed effort to ensure my actions, words, and inner convictions are in harmony, crafting a life that's genuinely mine.

20 Self-Supportive And Self-Kind Affirmations

Your Super Power

Embracing positive affirmations is a powerful strategy in the fight against negative self-talk. These affirmations are constructive, encouraging statements that serve to counterbalance and gradually replace the negative, self-critical thoughts that can often dominate our internal dialogue.

By regularly affirming your strengths, capabilities, and worth, you actively rewire your brain to focus on positivity and self-empowerment. This practice isn't about ignoring challenges or difficulties; rather, it's about approaching them with a mindset that fosters resilience, confidence, and a more optimistic outlook on both yourself and the situations you encounter.

- I deserve to be happy.
- I have the power to be happy no matter the circumstance.
- I think very highly of myself because it is deserved.
- I am striving for progress, not perfection.
- I deserve to feel good about myself.
- I have faith in my skills and abilities.
- I recognize my imperfections and accept them fully.
- I accept my failures, but they do not define me.
- I am exactly who I need to be at this moment.
- I choose to stop apologizing for being me.
- I am comfortable and confident in my skin.
- I am creative, talented, and confident.
- I easily adjust and adapt to new situations and circumstances.
- I create solutions. Fear of failure does not control me.
- My skills and abilities are enough to do what I want in life.
- I am in complete control of my emotions.
- My anxiety does not get to make decisions for me.
- I survived this feeling before; I can do it again.
- I deserve to love and to be loved.
- I am deserving of a lasting relationship.
- The greatest gift I can receive is my own unconditional love.

Conclusion

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