

# SELF Management – Protocol for Obsessive Thinking

*How to heal my Self so that I may finally develop healthy relational intimacy with my Self*

**PLEASE READ THE FOLLOWING PARAGRAPH OUTLOUD VERY SLOWLY  
(it's not the time to skim over this)**

First, I need to be aware that I have an ADULT PART in me (everybody has one). The ADULT in me is actually the CONTROL CENTRE of my SELF. It's in my best interest to be in control of my ADULT as much as possible! Accessing my ADULT is actually the golden key to my happiness: it's the ONLY WAY to be happy in life. And yes! It's possible... with a little elbow grease and ongoing practice for the next while. My main problem until now is that I haven't been accessing my ADULT regularly –especially when faced with challenging situations. Therefore, my CRITICAL PARENT (i.e. my INNER SOLDIER) has taken over and has become HYPERVIGILANT over time... and has unfortunately been TERRORIZING my INNER CHILD, making it really depressed and anxious at times (perhaps even most of the time?). The problem is NOT that I don't have an ADULT... it's simply that I am not accessing my ADULT in challenging or crisis situations: I access the wrong part of my SELF, i.e. I access my INNER SOLDIER \* instead of my ADULT/CONTROL CENTRE. No wonder I feel like I'm in a battlefield all the time! Learning to ACCESS my ADULT and STAY in my ADULT will help me heal and take control over my life. It will take some time. The harder I try though, the faster I WILL SUCCEED at getting my life back in order! And I'm so worth it that I'll get on it RIGHT THIS MOMENT!

*I am a good person.*

*I deserve to be fully happy.*

*I will be fully happy... because I will learn to access my ADULT more effectively.*

**If needed, RE-READ OUTLOUD SLOWLY** (perhaps standing up this time?)

\* Some people get stuck in the SUBMISSIVE, REBELIOUS or ADAPTIVE CHILD (vs Critical Parent). For the process, simply substitute the CRITICAL PARENT for the part that is being accessed.

# SELF Management – Protocol for Obsessive Thinking

*Maximizing neuroplasticity – The positive loop approach to a happy new life!*

1. As soon as I become aware that I am being *self*-critical, i.e. that I am starting my *self*-badgering cycle and I'm about to slide down my *self*-destructive neuropathways...



**I NEED TO SHUT THE FRONT GATE** (i.e. my CRITICAL PARENT)

**STOP** the VICIOUS and DESTRUCTIVE **ATTACK ASAP** and  
**USE THE FRONT DOOR!!** (i.e. my ADULT)

2. First, I access my ADULT (i.e. I open the front door) and I ask my SELF:  
“Am I accessing my CRITICAL PARENT \* (i.e. opening the front gate) right this moment?”  
- “YES! I am criticizing my *Self* again.”  
\* Some people get stuck in the SUBMISSIVE, REBELLIOUS or ADAPTIVE CHILD (vs Critical PARENT).  
Simply substitute the CRITICAL PARENT for the part that is being accessed.
3. Then I stay in my ADULT (I stay in *MY HOUSE!*), I ASSERT my *SELF* and COMMAND to shut the front gate of my CRITICAL PARENT:  
- “Hey CRITICAL PARENT! YOU HAVE TO STOP RIGHT THIS MOMENT!! There is no need to be *self*-critical! You are NOT needed or welcome now! YOU MAY STAND DOWN NOW because I (i.e. the ADULT) am taking over the CONTROL as it is MY ROLE and not yours!
4. Still in my ADULT, I identify the CRITICAL THOUGHT (i.e. the toxic garbage that I am telling my *Self*) and I WRITE IT DOWN:
  - a) e.g.: I never do anything right!
  - b) Now, I breathe out... I relax my body, my mind, my soul, and I say: “I’m OK... I’ll be OK”.



**I NOW NEED TO START THE HEALING PROCESS**

(i.e. by taking back the **CONTROL** of my **SELF/ADULT – my House!**)

5. Still in my ADULT, I find **10** (ten) ANTIDOTE statements for that critical and toxic thought:
  - a) That is simply not true and is completely false!
  - b) I have done many things right in my life.
  - c) I completed high school / I have a bachelor's / master's / PHD degree, etc.
  - d) I have beautiful children / I take care of a wonderful pet.
  - e) I have been going to therapy for some time to help improve my life- that takes guts!
  - f) I have accomplished many things successfully... even on a daily basis!
  - g) Just last week, I did a very good presentation at work! / at school.
  - h) OMG! I have a job / I'm a supervisor / manager / director at my work!
  - i) I had a major promotion at work last week / spring / year!
  - j) I do my very best every single day: I reek of success!

Again, I breathe out... I relax my body, my mind, my soul, I close my eyes and say: “I’m OK... I’ll be OK”.

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6. I check to see if my CRITICAL PARENT is still active. To do so, I do an EMOTIONAL CHECK-IN:
- a) How calm or at peace am I feeling *right now* on a scale of 0 to 10?                      3   / 10
  - b) If not at 0 (zero), I do the *loopy loop*, go back and do steps # 3 to # 5 until my ADULT is in full control of my *SELF*. This is the main way to change the TOXIC NEUROPATHWAYS in my brain in order to get a CLEAR and CLEAN MINDSET: I have to TAKE THE GARBAGE OUT *each time!*

7. Once my ADULT is in full control, I may carry on with my day feeling more at peace... and in control of my *SELF* and my LIFE.  
I breathe out... I relax my body, my mind, my soul, I close my eyes and say: "I'm OK... I'll be OK".

8. If my CRITICAL PARENT is still activated (i.e. my mind is still filled with TOXIC THOUGHTS), I can choose to take action, for example: vacuum the room, clean the dishes, mow the lawn, do a puzzle, go pick wild flowers, clean part of the basement, organize my closet, give my *Self* a foot rub, ask my partner to give me a foot rub, I go for a walk around the block, I go on my balcony and take a breath of fresh air, I do some sit ups, I look at my favourite plant and breathe out, I look at my pet, I pet my cat, I take my dog out for a walk, I go walk in the park, I tell my *Child* (inner or real one) I love them, I pass a clean cloth on my kitchen counter, I clean the tub, I clean the bathroom sink, I start a load of laundry, I go brush my teeth or my hair, I call a friend or a family member, I sort the photos on my computers, I clean my windows, I write my *Self* a comforting note, I journal, I go look at my favourite childhood photo, I go splash some fresh water in my face, I eat an apple (or an orange!), I use one hand and follow the contour of my other hand, I go sit in the park or in my yard or balcony and eat sunflower seeds, I give my *Self* a butterfly hug, I say a prayer, I draw, I wash the floor, I do yoga, I do push ups, I lie on the bed and do my favourite breathing exercise or anything healthy to take care of my *Self*. Oh, I almost forgot: I can simply go to a mirror (or just stand where I am!) and say OUTLOUD: "I AM A GOOD PERSON AND I HAVE A RIGHT TO BE HAPPY AND STOP TORTURING MY SELF CONSTANTLY!!"

It is so important to be *self*-nurturing and show some tender loving care to my *Self*... and be self-compassionate... in order to help fulfill the compassion I LACKED throughout my adult life... and perhaps throughout my whole life?! *NOTHING POSITIVE COMES OUT OF BEING SELF-CRITICAL: NOTHING!! ONLY TURMOIL, RUMINATION, ANXIETY, SADNESS and DARKNESS!*

9. I need to apply this new and healthy process ON A REGULAR/DAILY/MULTIPLE TIMES A DAY basis for the next 21 days. It takes time to change the toxic and well-established neuropathways in my brain. It's possible though: I can do it... I WILL DO IT and overcome my fears ONCE AND FOR ALL! It's time to take the trash (the "bad") out and make room for growth and give my soul a breath of fresh air BECAUSE I DESERVE TO BE HAPPY AND LEAD A TRASH-FREE LIFE FROM THE TOXIC PARENTING I HAVE LEARNED TO INTERNALIZE and IMPOSE on my *Self* on a daily basis.

I want to be FREE... and STAY FREE... and that's EXACTLY what I'll be: FREE and HAPPY!!!

I breathe out... eyes open, I relax my body, my mind, my soul, and say: "I'm OK... I'll be OK".





## Intensive *Self*-Care Management Work Sheet

As soon as I become aware that I am being *self*-critical (i.e. that I attack and torture my *Self*)

### Step 1: Short the circuit ASAP! (and put a rush on it!)

1. I go to my ADULT and tell my CRITICAL PARENT: "This is *NOT* the time to be *self*-critical!"
2. I identify my CRITICAL THOUGHT (i.e. the toxic garbage that I am telling my *Self* right this moment) and I WRITE IT DOWN \*: \_\_\_\_\_  
\_\_\_\_\_

\* If I'm bombarded by several critical thoughts, I write them all down at the back of this sheet and do # 3 to # 5 below for each.

3. I breathe out, I relax my body, my mind and soul, I close my eyes and say: "I'm OK... I'll be OK".

### Step 2: Kick-start the healing process

4. Still in my ADULT (in *MY HOUSE!*), I find **10** (ten) ANTIDOTE statements for that critical thought:
  - a) \_\_\_\_\_;
  - b) \_\_\_\_\_;
  - c) \_\_\_\_\_;
  - d) \_\_\_\_\_;
  - e) \_\_\_\_\_;
  - f) \_\_\_\_\_;
  - g) \_\_\_\_\_;
  - h) \_\_\_\_\_;
  - i) \_\_\_\_\_;
  - j) \_\_\_\_\_;

5. Again, I breathe out, I relax my body, mind & soul, I close my eyes and say: "I'm OK... I'll be OK".

6. I go to my ADULT and do an EMOTIONAL CHECK-IN:

How calm or at peace am I feeling right this moment on a scale of 0 to 10? \_\_\_\_\_ / 10

If not at zero, I do the "*loopy loop*", and do steps #2 to #5 until my ADULT has full control (i.e. 0 /10).

### Step 3: Anchor the good feeling

7. I stand up real straight, roll back my shoulders and say to myself (in silence... or OUTLOUD!):  
**"I want to be FREE... and STAY FREE. And that's EXACTLY what I will be: FREE and HAPPY!!"**
8. I breathe out, with my eyes open, I relax my body, my mind, my soul, and say: "I'm OK... I'll be OK" ...and I carry on with my day... a little lighter, stronger, healthier and perhaps even happier!

