

SELF Management: Protocol for Obsessive Negative Thinking

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

PLEASE READ THE FOLLOWING PARAGRAPH OUTLOUD VERY SLOWLY

[it's not the time to skim over this]

You might want to choose a calm place and a time that you can dedicate fully to your Self.

First, I need to be aware that I have an ADULT PART in me – everybody has one. The ADULT in me is actually meant to be 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 me 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 constantly in a battlefield! 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!

And 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 their SUBMISSIVE, REBELIOUS or ADAPTIVE CHILD (vs their Critical Parent). For this process, simply substitute the CRITICAL PARENT for the part that you tend to access (i.e. SUBMISSIVE, REBELIOUS or ADAPTIVE CHILD).

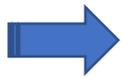
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SELF Management: Protocol for Obsessive Negative Thinking

Maximizing Neuroplasticity – The Positive Loop Approach to a Happy New Life!

Phase 1: Assessment & Preparation

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...

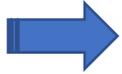


I NEED TO STOP THE VICIOUS AND SELF-DESTRUCTIVE PROCESS NOW!

2. First, I access my ADULT and I ask my SELF:
“Am I accessing my CRITICAL PARENT * right this moment?”
- “YES! I am criticizing my *Self* again.”
* Some people get stuck in the SUBMISSIVE, REBELIOUS or ADAPTIVE CHILD parts (vs Critical Parent). Simply substitute the CRITICAL PARENT for the part that is being accessed.
3. Then I stay in my ADULT, I ASSERT my *SELF* and COMMAND my CRITICAL PARENT to stop criticizing and attacking my SELF:
- “Hey CRITICAL PARENT: YOU HAVE TO STOP RIGHT THIS MOMENT!! There is no need to be *self*-critical! You're actually hurting and damaging me! You're NOT needed or welcome at the moment! YOU MAY STAND DOWN NOW because I (i.e. the ADULT) am taking over the CONTROL as it is MY ROLE to do so and NOT YOURS! I will do my job now.
4. Still in my ADULT, I identify the CRITICAL THOUGHT(S) (i.e. the toxic garbage that I am telling my *Self*) and I WRITE IT DOWN (If there is more than one thought, simply use the back of this sheet):
E.g.: I never do anything right!
5. I now do an EMOTIONAL CHECK-IN with my Inner CHILD:
How anxious (sad or yukky) am I feeling right now on a scale of 0 to 10? E.g.: 7 / 10

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

Phase 3: Reassessment & Integration



I NOW REEVALUATE WHERE I AM IN MY HEALING PROCESS

8. I check to see if my CRITICAL PARENT is still active. To do so, I do an EMOTIONAL CHECK-IN:
 - a) How anxious (sad or yukky) am I feeling *right now* on a scale of 0 to 10? E.g.: 5 / 10
 - b) If not much lower than in # 5 (i.e. less than 2 increments), I redo the **Positive Loop Process** by going back and doing steps # 6 to # 8 over until my ADULT is more in 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!*
Cutting the anxiety level in half may be a great medium-term goal... however it's important to keep in mind that every single increment decrease helps and is a *success* in terms of modifying your neuropathways into healthier ones. The ultimate goal though is to gradually bring it down anywhere between 0 and 3 – whatever feels right and achievable for you.
9. Once my ADULT has more control –and with some elbow grease and ongoing practice I WILL have FULL CONTROL– I may carry on with my day feeling more at peace... and a little more in control of my *SELF* and my LIFE each time I do this relationally emotional process.
I breathe out... I relax my body, my mind, my soul, I close my eyes and say: "I'm OK... I'll be OK".
10. IF however my CRITICAL PARENT is still very much activated (i.e. my mind is still filled with TOXIC THOUGHTS and I struggle lowering my anxiety levels), I can choose to (need to?) TAKE ACTION NOW, and do one of the following. 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, go for a walk around the block, step outside and take a breath of fresh air, do some sit ups, look at my favourite plant and breathe out, look at my pet, pet my cat, take my dog out for a walk, go walk in the park, I tell my *Child* (inner or real one) I love them, pass a clean cloth on my kitchen counter, clean the tub, clean the bathroom sink, start a load of laundry, go brush my teeth or my hair, call a friend or a family member, sort the photos on my computers (or from a box), wash my windows, clean my car, I write my *Self* a comforting note, I journal, 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!!... AND I WILL BE HAPPY... BECAUSE I'M TOTALLY WORTH IT!!" Anything really that brings me in the HERE-AND-NOW... and away from my toxic self-thoughts.

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 in my childhood and perhaps throughout my whole life?! NOTHING POSITIVE COMES OUT OF BEING SELF-CRITICAL, NOTHING but TURMOIL, RUMINATION, ANXIETY, SADNESS and DARKNESS! I have the control to change this and I will do my best every single day to regain control of my Self and of my life!

11. I need to apply this new and healthful process ON A REGULAR/DAILY/MULTIPLE-TIMES-A-DAY basis for the next several weeks or months. 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, make room for growth and positivity and freedom and joy – yes joy! – 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... multiple times a day.

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

I breathe out... I open my eyes, I relax my body, my mind, my soul, and say:

"I'm OK... it's 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 criticize, attack or torture my *Self*)

Phase 1: Assessment & Preparation

1. I go to my ADULT and tell my CRITICAL PARENT: “STOP: this is *NOT* the time to be *self*-critical!”
2. I identify my SELF-CRITICAL THOUGHT (i.e. the toxic garbage that I am telling my *Self* right this moment) and I WRITE IT DOWN here and in # 5 *: _____
* If I’m bombarded by several critical thoughts, I write them all down at the back of this sheet and do # 3 to # 7 below for each.
3. I go to my ADULT and do an EMOTIONAL CHECK-IN:
How anxious (sad or yukky) am I feeling right this moment on a scale of 0 to 10? _____ / 10

Step 2: Kick-Start the Healing Reprocessing

4. I reframe the TOXIC and UNTRUE thought (i.e. # 2) into a SELF-COMPASSIONATE STATEMENT:

I breathe out, I relax my body, my mind and soul, I close my eyes and say: “I’m OK... I’ll be OK”.
5. From my ADULT, I find **10** ANTIDOTE/SELF-COMPASSIONATE statements for the critical thought:
My Self-Critical Thought: _____
a) _____;
b) _____;
c) _____;
d) _____;
e) _____;
f) _____;
g) _____;
h) _____;
i) _____;
j) _____;

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

Step 3: Reassessment and Integration (anchoring the good feeling)

6. I go to my ADULT and do an EMOTIONAL CHECK-IN:
How anxious (sad or yukky) am I feeling right this moment on a scale of 0 to 10? _____ / 10
If not lower than 2 levels, I redo steps #1 to #6 until my ADULT has more control (2 to 4 levels lower).
7. I stand up real straight, roll back my shoulders and repeat to myself (in silence... or OUTLOUD!) my SELF-Compassionate Statement (#4): _____
“**I want to be FREE... and STAY FREE. And that’s EXACTLY what I will be: FREE and HAPPY!!**”
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!

