



EMMA GERASIMATOS



IDENTIFYING WHAT WE REALLY WANT

Another three-part exercise can help you to figure out what you want and motivate yourself to achieve it in a healthy and effective way. This exercise also must be practiced regularly to experience the full benefits it can offer.



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Part One

Think about what you tend to criticize yourself for, perhaps in the hopes that being hard on yourself will motivate you to change. Open yourself up to the emotional pain that this criticism causes, and offer yourself compassion for the feeling of being judged.

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Part Two

Challenge yourself to come up with a more kind, caring way to motivate yourself. Consider how you would encourage a close friend or family member. Think about how a wise and nurturing parent, teacher, or mentor would tell you that your behavior is not helping you to reach your goals, and recommend new ways to move yourself closer to your goals.

Come up with the most supportive and kind message you can think of that will support you in your efforts.

Part Three

Whenever you catch yourself criticizing or being judgmental towards yourself, repeat Step One. Open yourself up to the feelings that these thoughts bring. Then, offer yourself compassion for experiencing this kind of judgment.

Once you have shown yourself compassion, try to reframe your inner dialogue, as you did in Step Two. Use the encouraging and supportive voice instead of the critical voice, and offer yourself understanding and actionable suggestions for positive change. Remember despite what we can trick ourselves to believe, love is a much more powerful motivator than fear!