

Devine Mental Health Services: Fall '05 Newsletter

<http://therapists.psychologytoday.com/32396>

HOW TO TALK WHEN YOU TALK TO YOURSELF

"I just can't do ANYTHING right," my client sighed as she settled further into the couch. "I should just accept that I am fat, depressed and a failure at relationships. Nothing will help me."

And as long as she chooses to continue talking to, and about, herself that way, she WILL be 1) overweight, 2) depressed, 3) alone, and most importantly 4) unable to change, regardless of the expertise of her therapist.

In this edition of my newsletter, I'd like to teach you about **the power of your thoughts** and the impact they have on your life.

"Every cell in your body is listening to your thoughts."

Anyone who has been a parent or has HAD a parent—yes, that's you—has experienced the power of what we hear about ourselves. We get messages early in childhood such as "she's the smart one" or "he's my quick-tempered child" or "she's always sick." **The things parents say about themselves** are also powerful role model messages for us.

Our parent's messages about us OR themselves—their **labels**, if you will—have a profound impact on how we see ourselves today. If those were positive, then great, and we are blessed. But even if they were negative, they **CAN** be overcome with deliberate effort on our part.

"**LOVE (your neighbor as) YOURSELF...**"

Most of us wouldn't DREAM of calling our neighbor names or criticizing them to their face for their struggles with relationships, food, or other issues, yet we are merciless on ourselves. **SELF LOVE IS THE KEY TO ALL HEALTH, and self condemnation the thing that stops us from progress.** For instance, if you are having trouble ending an unhealthy relationship, AND you "beat yourself up" for your "weakness," we now have THREE issues to overcome—the relationship, the self-loathing, AND the damage done to your self image by the insult.

Practice catching yourself when you think rude or impatient things about yourself, and visualizing a big red "**STOP**" sign to interrupt the pattern. Focusing on failure leads to more failure. **Congratulate yourself on even the smallest of successes, and you will get into a pattern of succeeding!**

Part of the healing power of therapy is the unconditional positive regard I have for my client. I am never disappointed, impatient, or upset with you. I hope to model for you the same compassion and understanding that I want you to give yourself, while also challenging you to make small steps forward as you can.

Yours for happier living!
Debbie Devine LPC, Assoc.

Limited appointments available
214-410-0435