

EPISODE #20

REWRITE & REWIRE

TEACH YOUR INNER VOICE TO SPEAK KINDLY TO YOU
(GIVE YOUR INNER MEAN GIRL A MAKEOVER)

PODCAST PERKS:
SIMPLE STEPS TO THRIVE™ WITH MICHELLE R. ACKER

1. RECOGNIZE

RECOGNIZE WHEN YOUR INNER VOICE IS BEING AN UGLY MEAN GIRL. NOTICE THE TONE YOU USE WITH YOURSELF.

2. REJECT

SAY THOSE UGLY THOUGHTS OUT LOUD OR WRITE THEM ON PAPER AND CROSS THEM OUT TO DIMINISH THEIR POWER.

3. REWRITE

REWRITE THESE PATTERNS OF NEGATIVE INNER SPEECH WITH THE TRUTH ABOUT WHO YOU ARE AND WHAT YOU CAN DO.

4. REPEAT

REPEAT THE NEW TRUTHS ABOUT YOURSELF AS MANY TIMES AS NEEDED UNTIL THEY BECOME YOUR DOMINANT THINKING.

5. REWIRE

OVER TIME, YOUR BRAIN REWIRES ITSELF. THOUGHTS WHICH ARE REPEATED CREATE STRONG PATHWAYS IN THE BRAIN. THOUGHTS WHICH ARE NO LONGER USED OR NEEDED, LIKE THE INNER MEAN GIRL, EVENTUALLY GET PRUNED AWAY.



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***LET GOD
TRANSFORM YOU
INTO A NEW
PERSON BY
CHANGING THE
WAY YOU THINK.***

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ROMANS 12:2 NLT