

# Testing Your Word & Thought Choices

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## Journal Statements:

As you go through this week, you are beginning to **focus on your own thought patterns**. You will see how you speak to yourself about YOU, about other's that surround you, about your own actions and about the effect the actions of others has on you.

Today, you begin to **TEST those thoughts** you have been writing down to see the validity, the truthfulness of them.

**Re-write them on a new journal sheet IN YOUR NON-DOMINANT HAND.** Your dominant hand is connected to your thought patterns already. It is easy to write these words you are thinking down because they, like your handwriting, are second nature to you. When you use your non-dominant hand, it is like Someone Else is saying these words to you and you will begin to say "Hey, really? Is this true?" Once you begin to **question the CLARITY of your own words**, you can see how important speaking to yourself really is!

As mentioned in your daily e-mail, you may want to check in with a friend about some of these statements. Choose someone who is not simply going to say "Oh dear! No, that couldn't be farther from the truth." But, rather pick someone who will say "Well, I don't see that. You are more like this" Be open to their responses and be grateful that they are speaking to you so honestly and from the heart!

## Self-Expressions & Word Choices

How we choose words and expressions in our conversations with others is paramount to how well we relate to them. It is no less important to choose words in our own heads when we are talking to ourselves! Words bring feelings and emotions up in us. You feel different with different words you use. We always want to be bringing our energy levels UP with positive word choices. Take a look at how these changes to common thoughts change how you FEEL.

### Examples of Expressions:

|                       |         |                            |
|-----------------------|---------|----------------------------|
| I am depressed        | becomes | I am a little down         |
| I am exhausted        | becomes | I am recharging            |
| I am pissed off       | becomes | I am a tad cranky          |
| I am lonely           | becomes | I am open to love          |
| I have too much to do | becomes | I am expanding my horizons |

### Examples of word choices:

|           |         |                               |
|-----------|---------|-------------------------------|
| Can't     | becomes | Discovering/Capable/Am/Trying |
| Should    | becomes | Could                         |
| Need to   | becomes | Want to                       |
| Resentful | becomes | open to new possibilities     |

Soul-Wise Living