**Workshop**: **Who Lives In Your Head?** Manage your inner critic!

**Website Description:** Have you ever heard the phrase, “Change your thoughts, Change your life!”? Do you know that it’s true? One statistic suggests that we each think 40,000-60,000 thoughts each day and the majority of them are unplanned, uncensored, and unconscious. Yet our being is soaking up every last one of them, planting them in our memory banks like seeds that will sprout when the right conditions present themselves. Unfortunately, many of these untamed thoughts are “negative”, self-deprecating, or supportive of all the “yuck” in our lives. You’ve heard them: “I’m fat. I’m not smart. I can’t sing. I’m too afraid to …” And the stream flows on. It’s time to identify and disarm that inner critic. Are you ready?

**Stake**/**Purpose**: Take folks off of “auto-pilot” in their mind and take charge for the sake of living the life they want to live.

**Intended** **for**: Everyone

**Desired Impact:** Each person will become aware of their conscious and unconscious stream of thought, that some of it is self-defeating, and that they have the power to change it. Also Intimacy with self and other.

**Outcome:** Persons will be more aware of the power of their thoughts and have chosen one or more tools (gems) to use as a personal reminder that they can and do want to choose thoughts with care.

**Supplies:** Journals and Pens; Handouts (see below to print)

**Musical Content:** Power in my Thought, Thoughts Held in Mind, Walking One Another Home

**Resources (books, articles, etc.) for participants:**

Articles: Tell A New Story

**Content:**

* **[10] Every evening outline**
* **[5] Song:** Thoughts Held In Mind

6:45pm-7:00pm NOTICING OUR THOUGHTS:

* **[1]** EXERCISE: Timed, eyes closed, breathing with the directive
  + try not to think about anything in particular
  + then, notice thoughts
* **[3]** DISCUSS
* **[2]** EXERCISE: Brain Drain journaling for a few minutes. Describe it. Do it.
* **[4]** DISCUSS

7:00 pm-7:15pm STORIES WE TELL OURSELVES ABOUT OTHERS

* **[4 minutes per person]** EXERCISE: PARTNER ACTIVITY About the “other”.
  + Pick a person (or an activity) you work or volunteer with, see relatively often but don’t know intimately. You have opinions or assumptions about them.
  + Tell your partner about this person.
  + Now look fresh. From your imagination or by telling the story as if you were that person, tell your partner a new story about this person.
* **[5]** DISCUSS – possibly skip or minimize
  + How do your thoughts dictate your interactions with this person?
  + What is the power of looking with fresh eyes?
  + What will be different for you when you see this person again?

7:15pm – 7:45 pm MORE STORIES – THESE ABOUT OURSELVES

* EXERCISE: Thoughts we hold about ourselves, consciously or unconsciously
  + **[5]** HANDOUT and FILL IN “What do you think about you?”
  + **[10]** PARTNER UP: If your partner knows you, let her respond to your statements. If not, imagine the response from parent, child, spouse, spiritual source. Imagine what you would say to yourself if you were your mother.
  + **[5]** BACK TO THE PAGE: For each (at least 3 of them) “negative” statement, claim a “positive” with as much color/glory/truth as you can: “I AM quick witted, generous, creative, as intelligent as Einstein” OR with something that you can claim as TRUE.
  + **[10]** Anyone willing to SPEAK your new affirmation(s) out loud?
* **[5]** SONG: Power In My Thought

7:50-7:55pm CLAIM A NEW TRUTH – CLOSING IDEAS

* BEWARE:
  + **PHRASES: “I can’t …” “I should/ought/must …” “I need …” “I don’t deserve …”**
  + Assumptions
  + Indecisiveness
  + Fear
  + Habitual responses
* **Try noticing thought and imagining each as auditioning for the primary role. Choose your star!**
* *“… by paying attention to your emotions and by deliberately offering thoughts that affect the way you feel, you can consciously guide yourself into the vibrational frequency that will allow the fulfillment of any desire you hold.” Esther and Jerry Hicks*
* Use the brain drain activity (and talk about Artist’s Way and hand out tack cards) if you think it may help you clear the clutter
* Post affirmations or carry a touch stone to replace habitual thoughts

7:55 – 8:00pm CLOSING IDEAS FROM EVERY EVENING

**What Do You Think About You?**

This exercise is simply intended to give you some important clues as to how you may be limiting or aiding the way you show up in the world: your fulfillment, your pleasure, the ways in which you impact the people in your life. Information only! Not condemnation or judgment. Just awareness of what is deep inside you and shaping all that you believe/say/do.

Take a moment to breathe – several deep breaths in and out slowly. Then continue.

List 3-5 qualities - character or physical traits that you love or appreciate about you! Be as colorful as you care to! Go deep and discover something you don’t yet know.For example:

*I am as dependable as the sunrise!*

*My body is as strong, healthy and beautiful as a ballet dancer.*

*I shower compassion on everyone I meet.*

List 3-5 qualities – character or physical traits that you do not like or believe you do not possess. What messages do you routinely think or say about you?

*Thoughts Held In Mind*

There’s no getting around it:

the world is what you make it to be.

You see and hear, yes you perceive,

and then the mind such stories it weaves!

*Thoughts held in mind*

*produce after their kind.*

*Thoughts held in mind*

*produce after their kind.*

Be careful what you think about

every moment of every day.

Choose with care the thoughts that dwell.

For truly your thoughts light your way!

*Thoughts held in mind*

*produce after their kind.*

*Thoughts held in mind*

*produce after their kind.*

Every thought that passes through

has the power to make or to break you!

Guide with care your inner life:

direct every thought to Spirit and Light!

*Thoughts held in mind*

*produce after their kind.*

*Thoughts held in mind*

*produce after their kind.*

***Power In My Thought***

There is power in my thought.

Power fills each thought within my mind.

It's with care that I choose

the thoughts that I retain as mine.

Music and Lyrics by Jeanne Loehnis

[www.SongsForYourSpirit.com](http://www.SongsForYourSpirit.com)