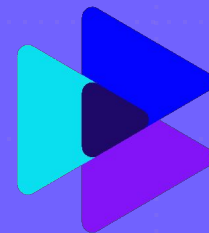


# Strengthening Your Wise Self-Coach

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the Fasting Method

# Coach vs critic ...

- We each have two primary voices that we can listen to
  - Our inner critic
  - Our inner coach
- If you know me or positive psychology at all, you probably already know which voice I am going to highlight as most important
- Criticism and harsh treatment continue to be found to demotivate, damage self-esteem and confidence, and to lead to resistance or defeat
- Compassion, clear instruction, and accountability help build motivation and confidence, improve performance



# Differentiating their voices...

- The critic tells you
  - You can't possibly succeed
  - You will fail eventually
  - You don't deserve to have what you want
- The critic uses terms...
  - That are harsh, exaggerated, and even cruel
  - That highlight vulnerabilities and bite to your core
- The critic pushes you to
  - Seek perfection (unattainable)
  - Discount your positive efforts or progress
  - Compare yourself to others, focusing on lack
- The critic voice wants to keep you tightly limited in what you do, risks you take, and to make your life small
- The coach tells you
  - You can succeed with the right plans & actions
  - You just haven't accomplished your goal YET
  - You deserve to achieve what you want
- The coach uses terms...
  - That are realistic, supportive, and even kind
  - That highlight strengths, potentiality, and build you up
- The coach pushes you to
  - Commit to progress and making true effort
  - Acknowledge and celebrate your efforts and wins
  - Compare yourself to you, focusing on the gain
- The coach voice wants to support you in growing and changing, helping you to progress and utilize resources

# When the critic and coach are fused...

- Some of us have developed a very unhelpful self-coach
  - Seems easy to recognize when external coaches are abusive
  - So many examples of college athletic coaches who abused their players
- Do you need to fire your self-coach or put them on a performance review?
  - Helping or holding you back?
  - Offering compassion or contempt?
  - Accountability or shaming?





# Your new and improved Self-Coach...



- Focuses on helping you identify what is working and where you need to change your efforts (honest)
- Encourages you to remain responsible and accountable to taking the steps required to move you toward your goals (not enabling)
- Sees your health and your weight loss as valuable and reachable goals that require a longer term vision and approach (patient)
- Celebrates your progress, especially the less obvious measures (encouraging)
- Values your overall well-being, not just the prized goal (wise)
- Treats you with respect and caring (nurturing)

# The wise Self-Coach has studied their techniques...

- They know the power of negative thoughts vs positive ones
  - 4-7x more powerful
  - 10x more powerful when spoken aloud
- They know thoughts are not facts and challenge them
  - Is this thought helpful or useful in any way?
  - Is this thought an old story I have told myself before?
  - What is the pay-off for buying into this thought?
  - Does this thought help me take positive action?
  - Could this thought be helpful, or is this just mind chatter?
- They are too savvy to fall for cognitive distortions



# How to practice speaking in your wise Self-Coach voice...



- Imagine how you would speak to your best friend, grandchild, student, parent
- Find positive or neutral ways to state your reality or experiences
- Remind yourself that you are a work in progress and it won't help to rush the process
- Put into words the changes you are making, what you have accomplished, and what direction you are going
- If you struggle to find the way to talk to yourself, just remember "What Would Terri Say" (WWTS)