

Wise Counsel – Exercise #2

Some of us have been fortunate enough to witness others with wisdom and compassion. If we have not been this fortunate, we may reflect on a wise and compassionate role model in our culture for this exercise.

Using the results of the **Core Beliefs** exercise above, identify one sentence that represents a negative internal dialogue (i.e., I am not good enough). Begin with the negative and ask what would be a better thing to say to myself if I was going to be truly supportive, accepting and non-judgmental?

Negative Self-Talk

What Wise Counsel can I offer myself to substitute the statement above?

Now try out the new statement. First, state it out loud and then silently to oneself. What happens when you do this?

Body _____
Mind _____
Emotions _____
Behaviours _____

Recall the original Negative Self-Talk. Tell yourself this is an old belief and you are ready to let it go now. Notice what happens now.

Body _____
Mind _____
Emotions _____
Behaviours _____

Return your attention to the new positive Wise Counsel. Again repeat it out loud and then silently. What do you notice now?

Body _____
Mind _____
Emotions _____
Behaviours _____

Continue to reflect on this new statement until there is nothing new to notice. This may take a number of repetitions of the instructions above.

Make a commitment to replace negative thoughts and beliefs with new “Wise Counsel” positive self-talk.