

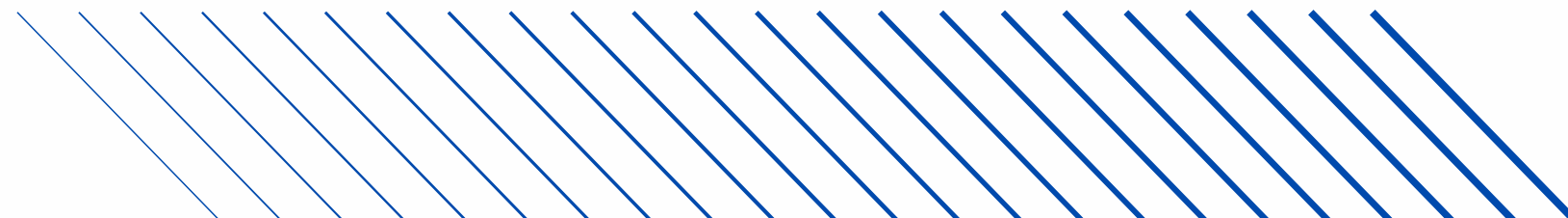
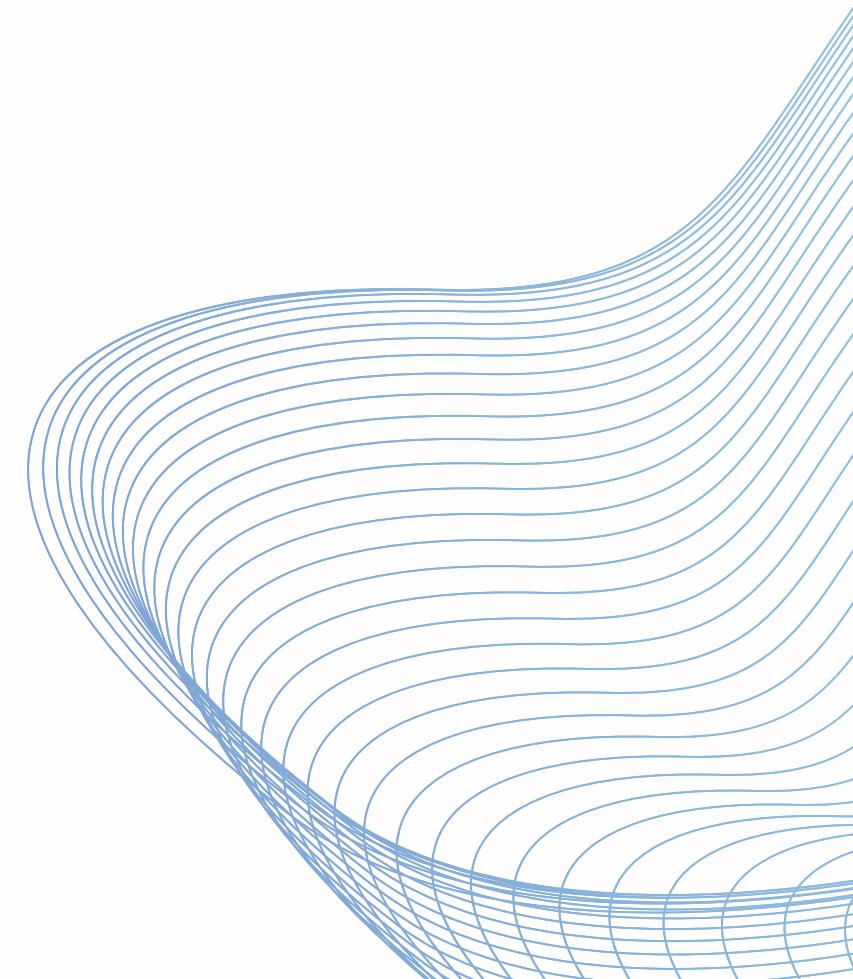


Hinda Institute

# **MOVING FORWARD: BUILDING YOUR HEALTHY INNER VOICE**

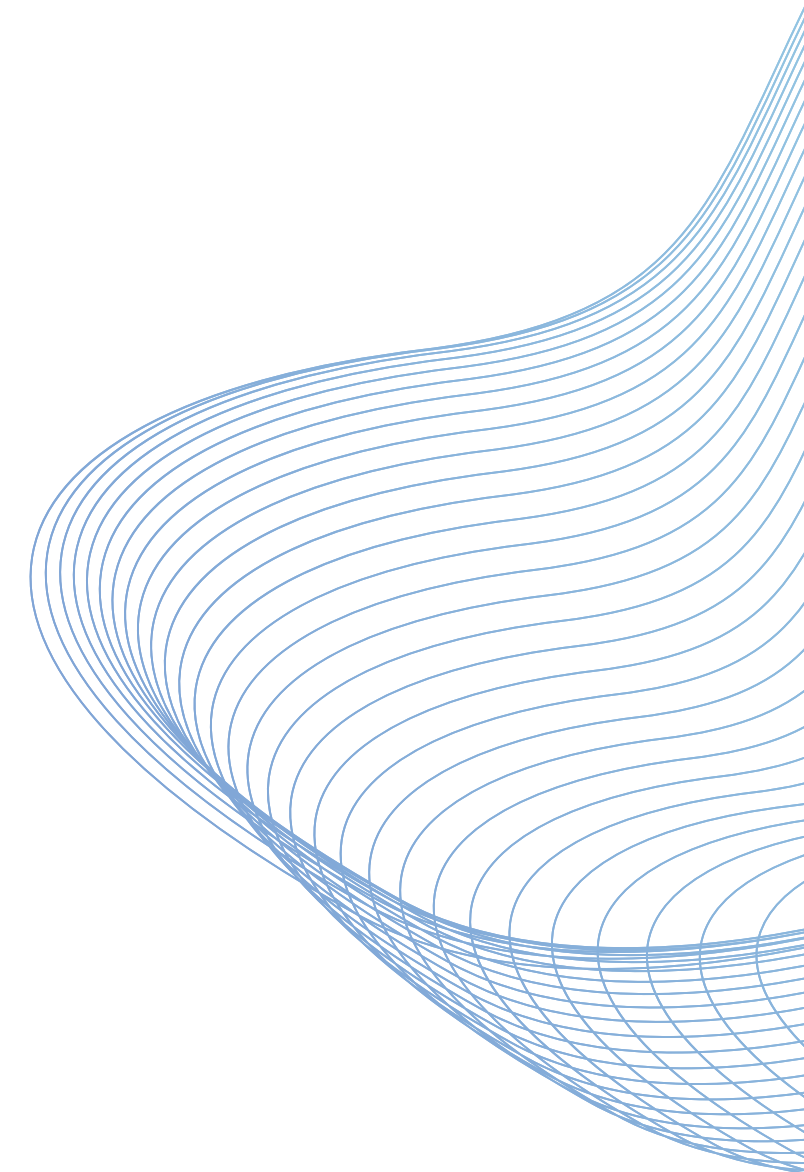
July 24th, 2024

Presented by Dr. Stephanie Kutzen, Ph.D., LCSW



# SESSION 3 OBJECTIVES

- To recognize the impact of self-forgiveness on PICS.
- To explore the influence of feelings of failure.
- To turn down negative “self-chatter” and replace with positive thoughts.
- To harness self-esteem and confidence to manage PICS.



# I. FORGIVING YOURSELF CONTRIBUTES TO PICS RECOVERY

*A. Weight of past mistakes adds challenges: emotional, physical, mental health and spiritual.*

1. Leads to shame, doubt, regret, numbing.
2. Devote time, patience, and self-compassion to process.



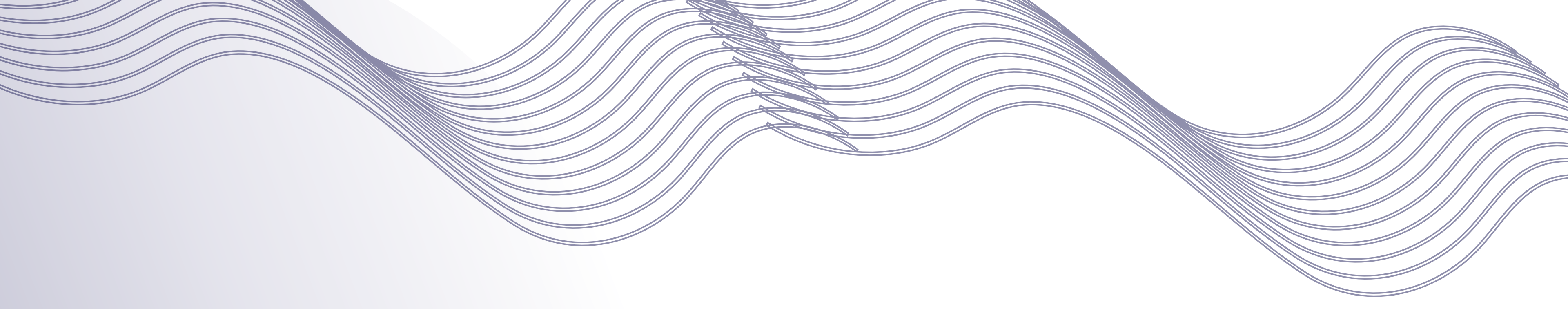
# I. FORGIVING YOURSELF CONTRIBUTES TO PICS RECOVERY

## *B. Strategies for forgiving yourself.*

1. Learn from your mistakes- review and make amends if necessary.
2. Focus on the present by committing to growth.
3. Seek support from trusted sources.
4. Apologize sincerely to yourself for past actions.
5. Practice self-compassion: mistakes are in the human condition.

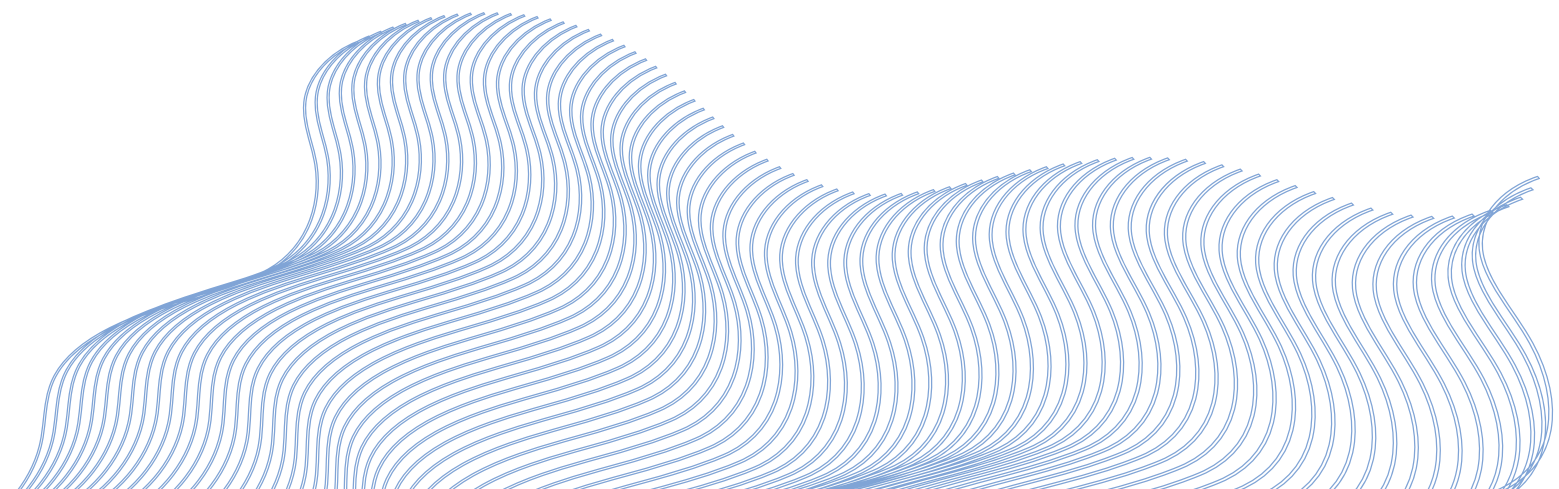






*"There is a nobility in compassion, beauty in empathy, grace in forgiveness, and virtue of the brave."*

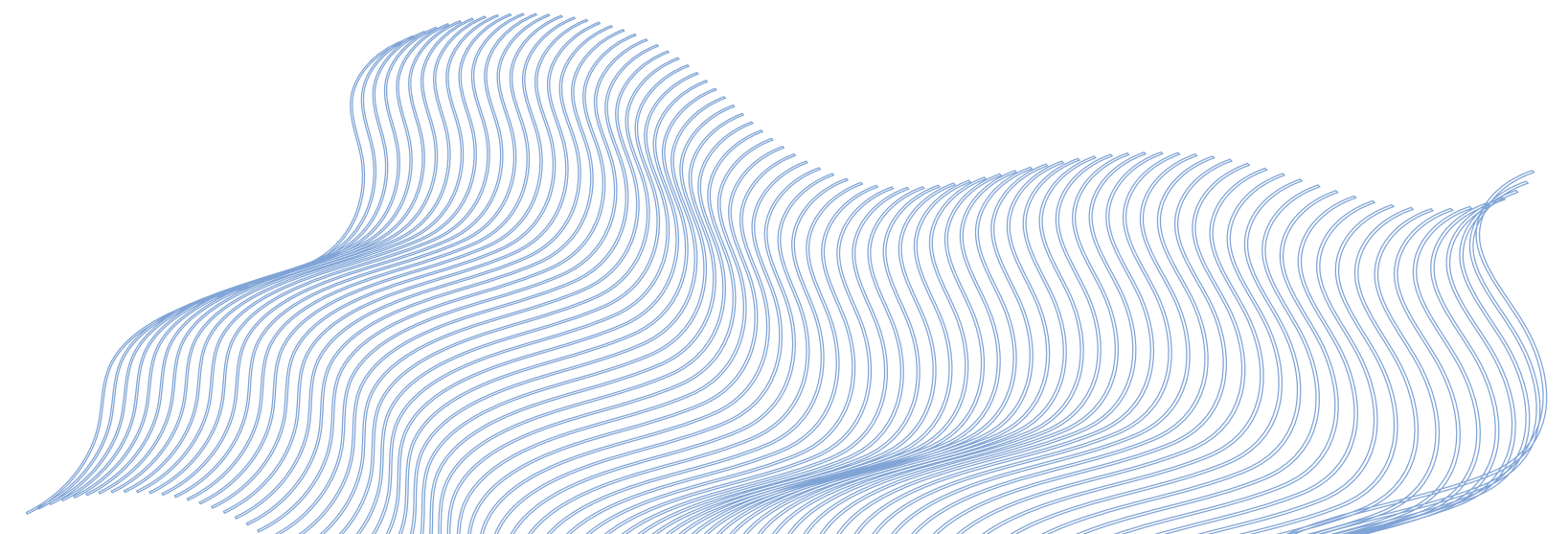
*-John Connolly*



# II. PICS AND THE ISSUE OF FAILURE

*A. Failure is a feeling, emotion rooted in the brain.*

- Chemicals trigger chain of events leading to distress.
- Disappointment, embarrassment, fear likely.
- Condition of not meeting/achieving target resulting in lack of success.



# II. PICS AND THE ISSUE OF FAILURE

## *A. Reasons for failure include:*

Self-Esteem

Lack of Support

Unrealistic Expectations

Low Confidence

Negative Self-Talk

Mental Health Diagnosis

Comparing Self to Others

Helplessness-> Giving Up

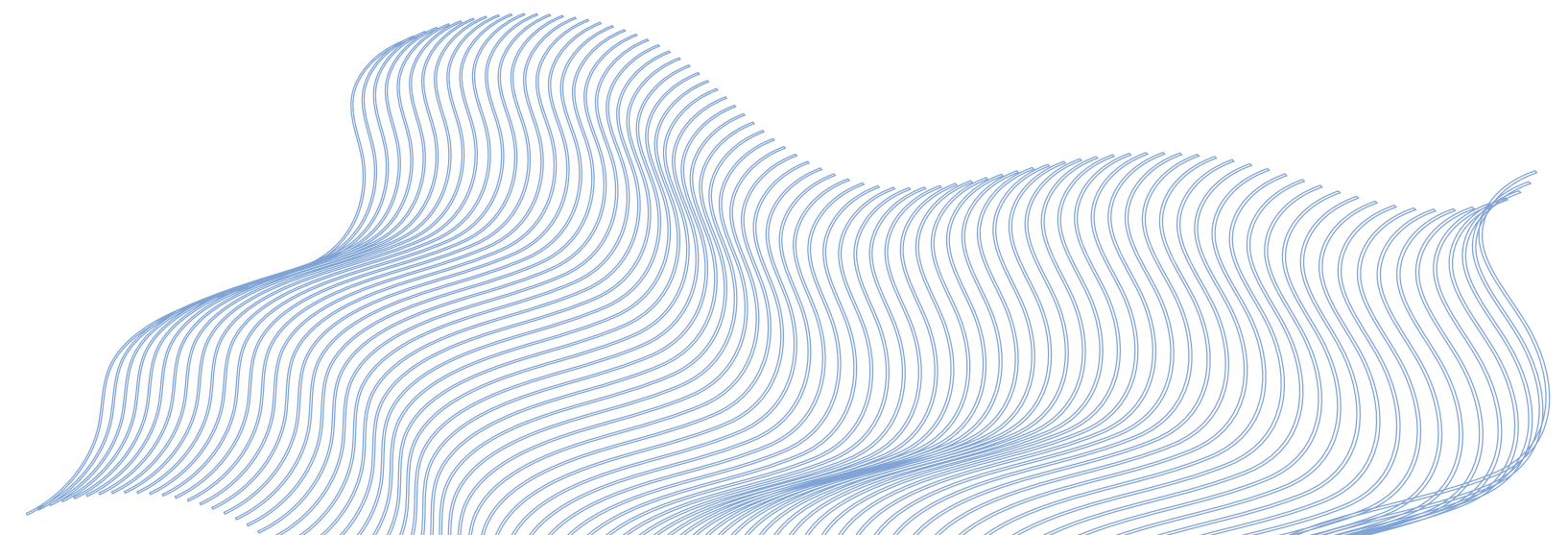




# II. PICS AND THE ISSUE OF FAILURE

## *C. Effects of Unaddressed Feelings of Failure*

- Increased sense of shame, grief, embarrassment.
- Irrational belief that you will never succeed.
- Unintentional self-sabotage by creating excuses justifying failure.
- Anticipatory anxiety intensifies fear of failure.





# II. PICS AND THE ISSUE OF FAILURE

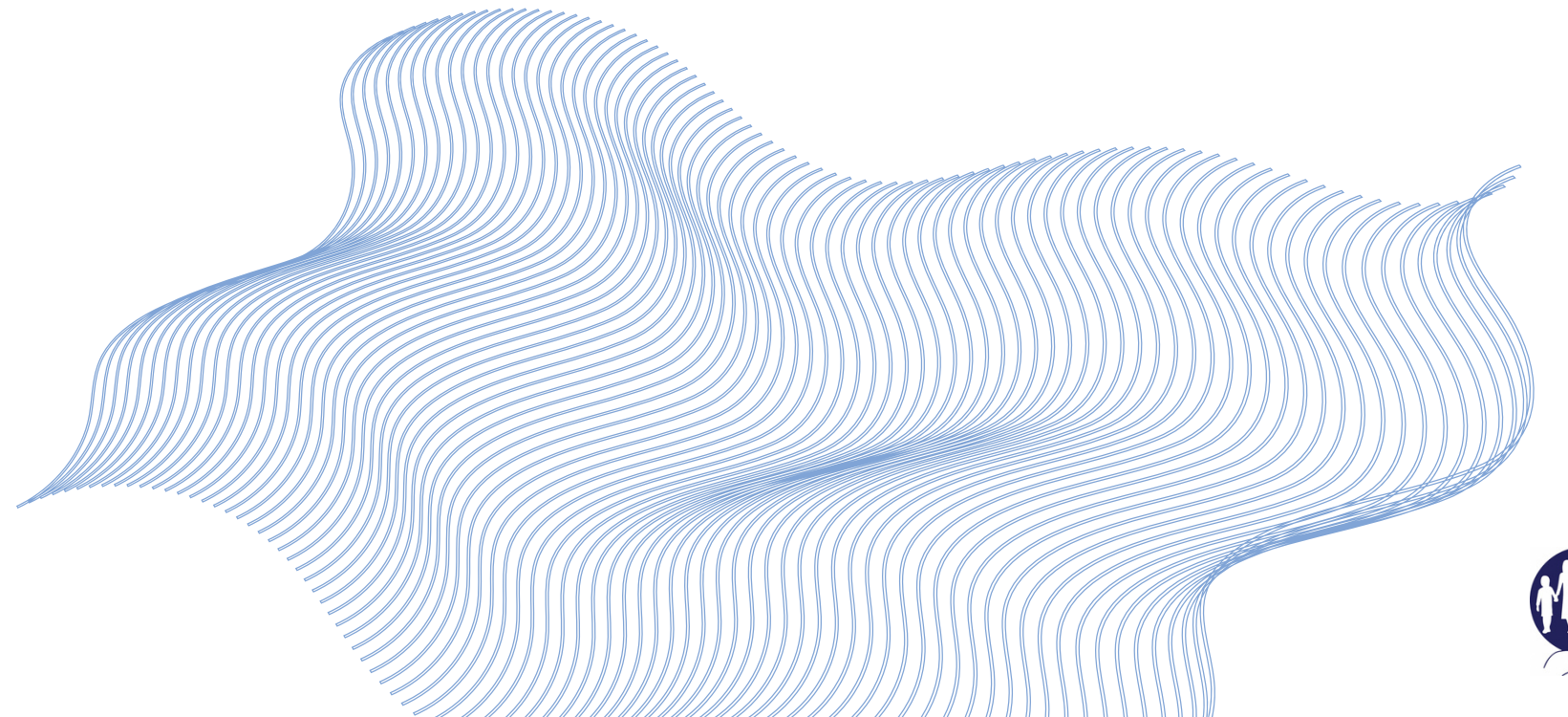
## *D. Strategies for Coping with Fear of Failure*

- Take time to recognize/label unpleasant feeling.
- Identify unreasonable assumptions influencing feelings/actions.
- Address unhealthy response patterns like addictions.
- Check/reduce critical internal “chatter.”
- Examine achievements and validate worth.



*“Those that dare to fail can achieve greatly. ”*

*-John F. Kennedy*



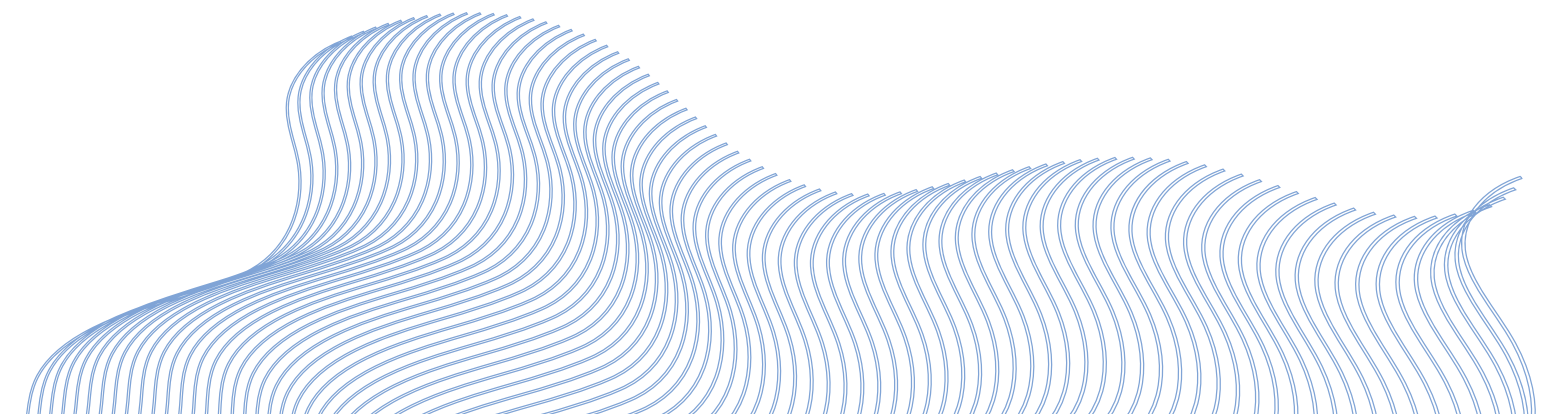


# III. SELF-TALK: FROM NEGATIVE TO POSITIVE

*Definition of self talk: inner voice in our head is telling us what to do and how to feel.*



*...I have to change so people will like me.*



# III. SELF-TALK: FROM NEGATIVE TO POSITIVE

## A. Types of Negative Self-Talk



*This is a disaster.*



*It's my fault.*



*What a horrible time.*



*I always mess everything up.*



*I had my shot and I blew it.*



*I'm not safe.*





# III. SELF-TALK: FROM NEGATIVE TO POSITIVE

## *B. Become Aware of Your Negative vs. Positive Chatter*

1. Negative feelings hide in our unconscious.
2. Danger that repetitive self talk becomes habitual.
3. Negative will lead you astray/positive leads to action.
4. Ability to use language silently is our friend.



# III. SELF-TALK: FROM NEGATIVE TO POSITIVE

## C. *Strategies to Build Positive Self-Talk Skills*

1. ***Self-Distance***- leave trigger there by doing something else or going somewhere else.
2. ***Self-Coach***- speak to yourself as though you are advising a friend (insert your own name).
3. ***Establish Rituals***- use familiar visual/behavioral signs to redirect problem.
4. ***Create Order in Physical Space***- to clear your mind.
5. ***Acknowledge***- action will follow positive self-talk.





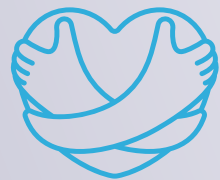
# BREAKOUT ROOMS

*Practice positive self-talk.*



# IV. HARNESS SELF-ESTEEM AND CONFIDENCE TO IMPROVE PICS RECOVERY

*Self-esteem and confidence overlap, but different.*



Self-Esteem: do you appreciate and value yourself?



Self-Confidence: do you believe in yourself and your abilities?

*Both develop and change based on circumstances/experiences and needed to meet life challenges.*





# IV. HARNESS SELF-ESTEEM AND CONFIDENCE TO IMPROVE PICS RECOVERY

## *A. Effects of Low Self-Esteem or Self-Confidence*

- Strong, critical internal self-blaming, internal voice.
- Ignore strengths, abilities and focus on mistakes.
- Shyness, communication difficulties, social anxiety, limited assertiveness.
- Avoid situations if likely to be judged by others.
- On-going cycle of lowered motivation.



# IV. HARNESS SELF-ESTEEM AND CONFIDENCE TO IMPROVE PICS RECOVERY

## *B. Strategies to Improve Self-Esteem and Confidence.*

1. Practice self-acceptance.
2. Know yourself- analyze what increases/decreases self-esteem and confidence.
3. Reprogram your thinking to build messages of personal value.
4. Learn assertiveness skills- ask others for what you want/don't want.
5. Make changes- identify goals, break into achievable steps, build on success after each step.



# IV. HARNESS SELF-ESTEEM AND CONFIDENCE TO IMPROVE PICS RECOVERY

## *B. Strategies to Improve Self-Esteem and Confidence.*

- 6. Surround yourself with positive influence- people who like you for "YOU!"*
- 7. Share with others- get feedback and encouragement, valuable support.*
- 8. Reward yourself for building self-esteem/self-confidence with special experiences and activities.*







*"To love oneself is the beginning of a lifelong romance."*

*-Oscar Wilde, Playwright*





# NEXT SESSION- JULY 31TH

*Thanks for attending our session. Your contributions are essential to our learning process.*

