

Upgrading from Self Confidence to Self Esteem

If you haven't read the last newsletter, please read it here (<http://www.thegreatsexcoach.com/download/confidencecon.pdf>) or this article will lack impact. Having done that I'm hoping we can agree that self-esteem is the way forward to an easier life and much better relationships. Here's a piece of the work I do with people to plug some of the more obvious leaks in our quiet confidence.

Self-esteem is directly related to that voice inside of your head. (It's OK we all have the voices, you just have to stop them using your mouth or people will know you've lost it ;-). It's been reported that people believe 15% of what they hear, 82% of what they see and 95% of what they say. Isn't it worth starting to clean up the kind of things you are saying to yourself?

On the days that aren't going well it's likely that you're ripping yourself to shreds in a way you would never talk to anyone else.

Your subconscious mind can't tell the difference between a real or imagined piece of criticism and moves you into the classic fight or flight posture in response. When we perceive ourselves as being under attack, even from ourselves, our higher mental functions shut down. This potentially leaves you acting like an adult with the reasoning abilities of a three-year-old.

You know it's unacceptable so let's mess with the voice.

After years of trying to reason with my own voice, I've come to the conclusion that it may not be possible. The critical voice piece of you is absolutely convinced it's working in your own best interests. The best solution is to set up a better relationship with that voice, where you become the one in charge. This voice makes a great servant but a very poor master.

That voice is very real and your first challenge is to work out where it resides in you. Just quickly give yourself a really hard time at top volume inside your head and observe where it comes from. It's fairly easy to catch it as it's not the smartest piece of your intellect (if it was it would use nicer language). Someone I worked with recently talked about this demonic presence on her left shoulder scolding her. It was a very literal presence because you could actually observe her left shoulder move closer to her ear as she gave herself a hard time and began to crumple.

So summon this demon and work out the specifics of the voice. Does it remind you of anyone? Where does it sit? Is it in front of you, to the left or right, or even behind you? What are its favourite phrases? Does it shout or whisper? And then, being as creative as you can, start to mess with it. Give it a funny voice, in fact take some of that helium from the deflated balloon, and give it that high-pitched squeaky voice. Try voicing the messages you get out loud (in private, remember what I said above) by giving them funny accents. Give it a sexy character, or even have it sound like Bart Simpson.

Remember, any character is possible. It's likely you'll become friends with this piece of your nature, you may even begin to love it for the misguided little puppy it really is. With one quick move, you'll be able to interrupt that shame seizure before it gets hold.

That little demon that sits on your shoulder becomes a friend you can refer to in times of trouble. It often has some gems if you can filter out the nastiness. If nothing else, it becomes a great entertainer as it romps around in your mind. Take the time to play with it from time to time. As Kylie would say, "better the devil you know".

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