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Boost Self-Esteem, Boost Your Charisma

The tip below is going to allow you to take your charisma to the next level. It is important to understand that charisma is something inside you and when you develop it you don't have to work hard to have people like you, you just become naturally attractive.

So whether you are single or in a relationship, boosting your charisma means you become magnetic. Instead of having to pursue people, they are drawn to you. Raising your self-esteem is an excellent way of developing your charisma and enhancing your sex appeal.

Self -Esteem Explored.

I was recently speaking with a client about self-esteem and realised that the article I wrote about getting control of the inner voice by playing with it is not a complete solution. So those of you who aren't feeling better yet, here's the next step for you to take. If you want to re-read the original articles visit <http://www.thegreatsexcoach.com/relationship%20articles.htm>

Self-esteem is directly related to the conversations that take place in the privacy of your own head. It's based on the kind of things we repeatedly tell ourselves about ourselves. It's important to understand that we generally tell ourselves something in reply to a question we generally aren't aware of having asked ourselves! Somewhere inside of you is a question you ask yourself time and time again and it's making you miserable. It's not your fault but it is your responsibility. Tony Robbins refers to this as your "primary question". Stephen R. Covey refers to it as your "limiting paradigm". I generally refer to it as the stupid pain question.

In order to figure out your stupid pain question, you have to pay attention, listen to the questions you ask yourself, and try to get hold of the theme. I have a client who grew up in a very rough family and her question is, "What have I done wrong now?" She asks this question every time something unexpected happens, even the phone ringing. I have another client whose question is, "Why is this never going to work? Her question particularly interferes with her dating life. The winner in the game of making yourself feel bad for no good reason is, "Why am I so useless at everything I do?". If you

ask yourself this question with every mistake you make, your stupid pain question is negatively affecting your self-esteem.

Every time someone asks you a question you are compelled to answer it. Just for fun, the next time someone asks you a question, try not answering it. The same is true in your own head.

The problem with these questions is they are all based on a negative presumption. In the last example, the presumption is I am useless at everything I do. Pain questions are always going to lead into a downward spiral. The pain question adds lots of stress to our lives and leaves us desperately trying to hold together a modicum of self-confidence in the hope that no one else will notice how bad we sometimes get to feel. Remember, confidence is the outward appearance; self-esteem is the internal reality.

Low self-esteem holds us back in ways that we can't even begin to imagine. It makes us a lot less fun to be around, makes our relationships more problematic, and leaves us a lot less attractive to others. Wouldn't it be great to feel fantastic more of the time?

Let me share some coaching tips with you that will make your life easier. You need to start asking yourself better questions and here are some great starter questions. It's good to start these out as a ritual just before sleeping so you begin to get used to positive internal chatter in your quieter moments. As you get more practiced it's possible to interrupt a potential shame seizure by just cutting off the stupid question you used to reach for and replacing it with a more empowering alternative.

Pick three of these to answer, or create three questions you like even more:

How is my life better than it used to be?

What made me smile today?

Who loves me?

Who do I love?

(If there is no "Who" then the question "What loves me?" also works. Trust me, the wind loves me.)

What pleasantly surprised me today?

How have I moved one step closer to my vision today?

(You need a vision to navigate toward; my next vision workshops are in January.)

What's the next step I need to take?

What moved me today?

What's the one thing I could do differently so life's more fun?

What could I be curious about right now?

These questions help you carve out a more positive path for your internal dialogue. It takes practice and real effort on your part and better questions will get you better answers, but it's not going to happen by osmosis. So hold a situation that may be bothering you in your mind and pick a few great

questions to ask yourself about it. When would now be a good time to do this!!

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