

## SELF TALK QUESTIONS

As we understand the relationship between the conscious and unconscious minds, we become more comfortable with maintaining a dialogue between the two. Remember, the power of our unconscious mind. It is what keeps us alive while our conscious mind needs to sleep and re-energise itself. It maintains our breathing, heart operation, digestion etc.

This will enable us, when we ask ourselves to ask if there is any part that objects to a change, to encourage an awareness of, and calibrate, the unconscious signals and create a mediation between the conscious and unconscious when necessary. The responses that our unconscious will give us can come in a variety of ways so we need to be aware of this and open all our senses to be ready for the response to our questions.

The key to the whole process of asking oneself these questions is not to just rely on our conscious mind. Learn to be patient with yourself and your unconscious mind will respect this and support your questions.

Remember, if you don't get an answer from a question, then change the way you ask the same question. Sometimes, you only need to change one word in a question to trigger a different response from your unconscious mind.

What will happen if we make this change?

What will happen if we don't?

What won't happen if we do?

What won't happen if we don't do it?

If you can't come up with a question to ask, then start by asking –

What is the most useful question I can ask right now?

What don't I know that would make a difference if I did?

What question would get me closest to my outcome?

If you don't know what you don't know consciously, then ask your unconscious what it is that it knows that it hasn't shared with your conscious mind as yet.

We can ask what prevents us from having our desired outcome right now?

If we had it right now, how would we know?

What would be different?

What is the positive intent of feeling how I feel now? (It might be it is our body telling our mind that we just need to take it easy today).

Unconscious, what do you get out of stopping me from wanting to get up and going today?

Why?

What would you rather have me doing?

What would happen if you had it (the motivation to get up and going) right now?

What would happen if you didn't?

What causes your present state to remain?

Unconscious, why don't you want me to do anything right now?

If you did want me to do something, what would it be?

The following are other useful questions to ask to assist in getting closer contact with one's unconscious.

What have you done in the past to change how you feel at that time?

What did you do?

What allowed you to do it?

What did you see, hear, feel, smell, taste, do and think?

What did you focus on and how?

How did you make the change?

What was the pattern or patterns you used?

What were you thinking about specifically?

How did you change the image? Was it bigger, smaller, coloured etc.?

What did you ask yourself? (Was it the last one? Would it make me ill?)

What did you do to get yourself to change the intensity, situation feeling etc.?

What would you have to do?

Ask questions like:

If you could, how would you create the possibility?

When you create the outcome you need, how will you know.

When you imagine how it will be, what will be different/better?

What would it take for you to get to there?

What would you have to change to get there?

How will you know when you have it?

What resources do you have that will assist you to get the change you need?

Rather than asking – If I achieve this goal, what will I have that will be better for me?

- ask when I achieve this goal I will have (whatever it is you need).

When you achieve your goal, what will it mean to you?

### **Getting to know your pain.**

Identify the area the most pain/discomfort is in.

Become familiar with it.

Where is it?

How big is the area of your body it affects?

What shape is it?

What colour is it?

Which of these am I able to change? - Focus on each individually to do this.

What is your favourite colour?

Breathe in air of that colour and allow it to surround the pain area and cushion it, support it numb it.

As you breath out you may be able to take a little of the pain colour out with each breath.