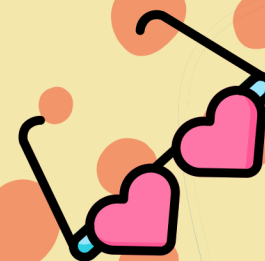




# Reframing!



**From**



**To**

***I can't ...***

***I choose not to ...;  
I can ...***

***I have to ...***

***I get to ...***

***I don't have ...;  
I'll never have ...***

***I don't have...YET!;  
I'm choosing to Divinely Order***

***I failed ...***

***I know what doesn't work!***

***This is all my fault!***

***I take responsibility for my  
part in this.***

***I'm such a screw up!***

***I can fix this!***

***I'm no good at this!***

***I can learn to do this!***

*Ask  
Questions!*

# *The Boogeymen Inside Our Head*

*We all have voices in our heads from time to time. It allows us to function in the world, to make plans, to achieve our goals, to create and intuit. It underwrites our perspectives and helps access who we've been, who we are, and who we want to be. The thing is, it can have both positive and negative aspects depending on our daily thoughts, feelings, choices, and actions.*

When these inner voices morph into negativity, we call them 'the boogeymen inside our head.' When this mental chatter takes the form of turbulent mental weather, we describe it as: self-defeating beliefs, self-negating views, loony monologues, malicious inklings, self-imposed pathological attacks, angst-ridden worries, mental kryptonite, unproductive wallowing, the pinging of one negative thought into another, missiles of anxiety, brainstorming of dysfunction, cortisol moments, neural narratives of malaise, catastrophizing, confidence erosion, etc. Of course, these awful mental microphones don't have to take up permanent residence in our neuroverse.

*Our inner mental-verse also has a positive, life-affirming side as well, which takes the form of the mental confirmation of our self-worth, dignity, self-respect, and maturity. This much more gentle, peaceful, and stable mental weather reminds us that we can exhibit: considerable confidence, eloquent self-sufficiency, joyful happiness, loving kindness, consistent compassion, heart-centered warmth, open-minded problem-solving, stupendous creativity, an incredible optimistic spirit, conscientious innovativeness, unflinching competence, powerful charisma, perpetual health and well-being, flexibility, infectious intuitiveness, polite patience, spiritual depth, a reasonable penchant for questioning unquestioned answers, dopamine-oxytocin-serotonin enhanced happiness, etc.*

(Bil Holton)