



BY DEE ROBINSON



# Snap Out of It!

How to silence your negative self-talk



he great industrialist Henry Ford once said, “Whether you think you can or you think you can’t—you’re right.” And

isn’t that so true? Our thoughts can be our friend or our foe, our best cheerleader or our worst critic. They shape our actions: as Proverbs 23:7 says, “For as [a man] thinks in his heart, so is he.”

No one can live their best life and experience true joy or success without facing their fears, quieting those negative thoughts that so often hold us back in order to make room for more empowering, encouraging and healing inner voices.

But by changing the kind of conversations we are having with ourselves, by confronting our fears bravely, we can change the state of our lives and dramatically improve our well-being.


We must all learn how to successfully manage our thoughts and feelings and silence those negative inner voices so that we can grow, become more confident and accomplish our dreams. There is no other way. The choice is ours.

There was a time when I had negative thoughts that threatened to derail my ambitions as an aspiring entrepreneur. So, I began wearing a rubber band around my wrist and I would snap it every time my inner critic began to raise its voice. For every negative thought,

I snapped the band and forced myself to rephrase the thought and reframe the situation with positive, empowering words: *I can. I will. I Have Faith.*

That simple gesture of snapping the band created an acute consciousness of my inner thoughts and conversations. Over time, silencing the inner naysayer and harnessing nourishing and positive thoughts ultimately set the stage for a life of more joy, creativity and fulfillment.

Initially, it takes some courage to tell those negative internal speakers you have allowed to chatter for so long to quiet down. But courage is like a muscle; the more you exercise it, the stronger it grows. For me, snapping the rubber band was like a confidence workout. It heightened the awareness of my thinking, helped me to alter my mind’s script and ignited the changes I desired to see in my life.

I also learned to tune out the negative talk of people around me that wasn’t helpful. And, in due course, I found what entrepreneur Jim Rohn discovered to be so true, that “when you start thinking and saying what you really want then your mind automatically shifts and pulls you in that direction. And sometimes it can be that simple, just a little twist in vocabulary that illustrates your attitude and philosophy.” 



**We must all learn how to successfully manage our thoughts and feelings.**



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