

THE EXTRA POINT

BY JERRY ROBERTS



963 How to Deal With Your Inner Voice

Today, it might be a good time to have a little talk with that *little voice* inside our heads. I'm Jerry Roberts, and let's talk about what that conversation might be like, next, on The Extra Point.

It's that inner voice. You know the one, the voice that always seems to be right there every time you make a mistake, or forget something, or fall short in some way. It's that voice that never seems to give you a break.

- "You should have done better on that Extra Point."
- "You should have come up with better examples in that section of the training."
- "You should have given your kid a break on his test. He did okay."
- "You shouldn't be eating that."
- "You're so busy that you miss the little things."

Not that I've ever heard that voice myself, you understand...these are just, you know, examples of what that voice might be saying to me...if I ever heard such a voice.

It's the voice that quickly finds fault, but seems to disappear whenever you do well and deserve praise. "Where are you now when things are going well?" you might have said at some point in your life.

It's the voice that always has an opinion about you and your life, and never shuts up. It will always be there.

If it was a person in your life, you'd try to ignore the comments and generally steer clear. However, this voice is in your head, it's YOUR voice, and you listen, and you believe what it says. You do believe what it says.

You run a red light or almost cause an accident, and out of your mouth comes the words, "Wow, what are you thinking? That was dumb." The

little voice inside made its way outside, and came out through your mouth.

Some people say we should simply ignore our little voice. They say, "Don't pay any attention to it and it will just go away." We can't ignore it, and it doesn't go away.

Am I getting a little too personal here? I do hear the voice. You hear the voice. Since it's always throwing rocks at us, or maybe just a little rain on our parade, how do we deal with it? Can we make a deal with it? Can we counter it?

I think we can, but it's going to take some time and effort. If you would like to change the tune of the voice inside your head, I'd like you to consider the following.

1. You have to learn to praise yourself when praise is due. You do something great on the job, before the boss gives you recognition, if the boss gives you recognition, you need to create another inner voice, and have that one announce to the existing one, "That worked out well. I came through for the company, helped people, and I'm glad I did."

If the boss does praise you, then add, "The boss praised me for the job well done. I'm walking on air. Awesome day!" The other voice only jumps in when you mess up, so all it can do is listen to your self-praise. As it listens, it will grow to see you differently. It will be forced to adapt to the new reality that you also do good things, and it's okay to say good things to you when you do.

This provides a balance. Okay, I'll accept criticism when I get things wrong or behave incorrectly, and I'll also get praised when I perform better.

(Con't.)

It's been proven in the animal and human worlds. If you reward an animal or person for the behavior you want them to exhibit, they'll continue performing at the level you want because they understand they'll be rewarded when they do. We've seen this in dolphins and killer whales, dogs, and others in the mammal category. It works.

We can train our inner voice the same way. We can train it to respond with praise when it's due and find that balance. The key is to be consistent in the training. Praise yourself every time it's warranted.

One day, you may be pleasantly surprised when you hear that voice pop up, saying something nice to you.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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