

# Uncovering the Lies Self-Talk Activity

*When you are completing this activity, focus on one category at a time.*

Materials you'll need:

- 1 pen
- 1 pencil
- 10 sheets of lined paper (as many as you need)

## How to Uncover the Lies and Rewrite Them

### Step 1: Identify the Lies

- Start with your **pencil**. Write down a lie your inner critic tells you about yourself.
- Skip 4 lines
- Staying in the same life category, write down another lie.
- Skip 4 lines
- Once you've exhausted beliefs in this category, move onto another category and repeat.

*For example:*

I'll never get married.

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### Step 2: Tell the Truth

- Put away your pencil and take out your pen.
- On the line under each lie, you're going to write the truth. The truth could be the opposite of your lie or it could be simply something nicer. Reach for the highest level, self-affirming belief you can find. *NOTE: Make sure your truth is written as a positive statement. Do not use "not" or "no" or "isn't" or "don't". For example, if your lie was "I am stupid" your truth would not be "I am NOT stupid" it would be "I am intelligent at many things".*

### Step 3: 7 Daily Reminders

Next, read the lies and the truths to yourself every day for 7 days.

On the 7<sup>th</sup> day, ERASE the lies.

Revisit this activity any time you need a pick-me up, a reminder, or if you discover there are more limiting, critical beliefs you want to uncover and replace.