# OPEN BOOK WITH ASH

Hosted by: Ashley Molitor

Episode 9: Your Stories Part 1*

## Questions to ask yourself to gain more awareness around your beliefs and inner dialogue.

### What comes up if I were to ask you...

What do you think about your body or your overall physical health?
What do you think about money?
Your relationships? (Friendships? Marriage? Family?)
What do you think about your job?
Or the overall life you live?

Are you particularly hard on yourself in any of these areas that I just mentioned?
Where did your inner mean girl pop in the most?
Did any thought in particular feel disempowering?

Did you find yourself using the word should when you speak about these different topics?
(Like I should be thinner, I should be a better mom.)

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## Distance yourself from the stories by asking yourself:

Is my inner critic really my voice?
Was this belief handed down to me?
Could it be from a coach, a teacher, a parent, a grandparent, an ex?
Is it from our culture or society?

## Name your inner critic.

i.e. Regina from Mean Girls.
Or give it an accent.

When you do these things, when you name it, when you give it an accent, it takes the emotional like power out of the thought and it makes it feel less loaded.

## Change the sentence.

i.e. If you're thinking "I'm gross," instead say "my brain is thinking the thought I'm gross." Or "Regina is thinking the thought I'm gross."

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