



Understanding Self-Image

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Understanding how we build our Self-image subconsciously!

Our self-image wields a strong influence over our lives because it supplies definitions for who we are, even though 99% of these definitions are inaccurate. Unfortunately, we can't just throw out our self-image like an old pair of boots.

Our self image is necessary; without it, we would feel uncertain of our identity. The best way to create a more accurate self image is to first: understand how our self-image is created and second rebuild the parts we don't like.

Our self image was created a long time ago, around the age of two this is also when the ego starts to form. Within this time of our lives, we start to see things as begin separate and our mind starts to form definitions of things we observe and experience. Now, because we do not live in a perfect world many of the definitions that were created throughout our life can be negative. As we grow and mature into adults our self-image also grows as well, nesting itself in the confines of our subconscious mind. This makes our thoughts and beliefs connected to it almost undetectable.

These definitions and negative elements of your self-image stand in your way by subconsciously responding to situations through an automatic emotional response, which turns into a pattern of behavior.



Your feelings and emotions about situations, events, people and things in your life create your self-image.

I have written two exercises bellow to help you start thinking about your automatic emotional response. First read through the exercises below, notice any triggered feelings that arise.

Then write down 3 of your own situations, you come in contact with, on a weekly basis that you would like to become (more aware of) and then, write down how you would like to change your automatic emotional response to them.

Exercise 1:

Read and write down your answers

1. Your 2 year old accidently spills milk all over the kitchen floor and then walks through it laughing.

What is your Subconscious Response?

How can you make it better?

2. You see a phone number on your partners cell phone that is unrecognizable you stroll down to see this number appearing several times.

What is your Subconscious Response?

How can you make it better?

When you are considering creating a better response think about positive strong elements you would like to instill into your subconscious mind.

1. In the example of the child spilling the milk your response could be relaxed, understanding and patient.
2. In the example of the phone calls your response could be trusting and confident that there is nothing to worry about.

Exercise 2

Recreating your emotional pattern of behavior is a big step toward strengthening your self-image. Take a moment and write down 4 negative or inaccurate automatic responses you get when you read the next 4 statements.

Money (*I amwith money*)

My Body (*example: I don't like tobecause my body.....*)

My life (*example: my life goes through periods of.....because I.....*)

My relationships (*example: my relationships with men / women are always.....because I am.....*)

Now what if you said to the first question *I am frugal with money.*

I would say that's great, you don't like to throw money around, but saying "I am frugal" sends a subconscious message to your mind, which is always in the process of defining you. Be careful when choosing what words and images you use to build your self-image, make sure they are not negative and inaccurate.

By answering the questions above, you can tell yourself a lot about the negative or inaccurate responses you have about your self-image?

It is that simple!

Recreate Your Self-image “Get the life you want!”

If you know anyone who could benefit from the Self help therapy program

[“Get the Life You Want!”](#) please forward this link to them so they can sign up!

Thank you for I hope this quick guide on understanding your self-image has helped you to better understand how easy it is to create the self image you want!

Wake Your Spirit UP!

Inspiration in 60 Seconds
Self Help Therapy & Audio Program
Get The Life You Want!

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