

Getting Past Your **INNER TROLL**

When your own worst critic is yourself, it can feel impossible to shake off your self-doubt and move forward. But there is a way through it! Get ready to shake off your inner troll and get moving towards the life you love.

1. What does your inner troll say to you?

List as many inner thoughts as you can. Examples: You'll never find a good job, no one will ever be in love with you, you're too fat/thin/short/tall, etc.

2. What's the main message behind these thoughts?

What's the common thread? Examples: I'm not a good person, I'm not good enough, I don't deserve good things.

3. When did your troll first give you this message?

Hint: Often times, this message starts in childhood.

4. How might your troll be trying to help, serve, or protect you? How well is it working?

5. What do you want your troll to do that will move you closer to your goals?

Examples: I want my troll to be my cheerleader; I want my troll to remind me that I'm strong.

6. What new message would you like to hear from your troll?

After you have answered these questions, take a few minutes to reflect on your responses. Then say the following, either silently or out loud:

Dear Inner Troll, I acknowledge and thank you for your efforts to *[insert reflection from question #4]*.

I no longer need you to do this for me. Instead, I ask you to help me move forward by *[insert reflection from question #5]*.

Before, you told me that *[insert reflection from question #2]*. That is no longer the truth.

Today, starting now, my truth is *[insert reflection from question #6]*. I ask you to remind me of this truth and help me achieve my goals.

What is one thing you can do this week in support of this new truth and your goals? How can your troll help you achieve this?

Congratulations on taking the first step towards getting past your inner troll! Share your experience with me over at the blog!