FREE WORKSHOP · VIDEO 1 COMPANION

Your Words Are Commands

Three short exercises. That's it. Your brain does what you tell it — this week, you start telling it something better.

1 Catch Your Language

PART A — YOUR OWN WORDS

Over the next week, jot down the words and phrases you catch yourself using — especially the automatic, repeated ones.

1 Catch Your Language — continued

PART B — ASK YOUR CHILD

Ask them: "When you don't get something right, what story do you tell yourself?" Just listen — don't correct it yet.

What they said:

PART C — YOUR OWN STORY

Now think about the story *you* tell yourself when you get something wrong. How harsh are you? Write it out properly — give it the space it needs.

The story I tell myself:

1

Catch Your Language — now ask

Look back at the story you just wrote. Now ask yourself honestly:

Am I being fair on myself? Is it really that serious?

Most likely, the answer is no. It's not the end of the world. You can learn and move on.

2 Flip It

As soon as a negative thought appears, flip it to its opposite. Not "a bit nicer" — the full opposite.

"How extremely stupid am I?" →	"How amazing am I?"

Now try it yourself — write a few of your own below.

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	→
	→
	→

3 Accept + Add

On a genuinely hard day, accept it — then add the resource. Not pretending. Both things, true at once.

> *"I'm having a challenging day — AND I have phenomenal coping skills."*

Write a few of your own "accept + add" sentences for a hard day:

Come back and tell me what you noticed. I'd love to hear it.