

Self Talk Levels

Level	Description	Outcome
I	The most negative and frequently used self talk, promotes being a victim and lack of control	Negative - clutters, blocks and destroys our dreams, we tend to act on our fears and believe the worst about ourselves
II	We recognize our need to change, but create no solutions, we are stuck wishing	Negative -we unconsciously create guilt and disappointment because we do not believe change is possible
III	Recognize the need to change and make the decision to take action	Positive - giving new directions to the subconscious mind, even if habits do not immediately change
IV	Most helpful and least used level, painting a brand new you, bringing in all new programming	Positive - clears out negative programming and replaces it with positive programming
V	Universal transformation, seek to go beyond human worries and cares	Positive - all earthly competition and jealousy have been shed, level of spirtual enlightenment

What to Say When You Talk to Yourself by Shad Helmsetter

Examples	How to Increase/Decrease
"I can't do anything", "Nothing ever works out." "My desk is always a mess."	Decrease by becoming consciously aware of negative talk and recording it, listen for this talk in others
"I should lose weight (but I cannot)", "I need to get more organized (but I cannot)"	Decrease by listening for when we speak words like "should" and "but" consciously or unconsciously
"I no longer smoke", "I do not have problem with people at work", "I never eat more than I should"	Increase by saying phrases even if the behavior does not initially match, behavior will eventually catch up to subconscious mind
"I am strong", "I am capable", "I am intelligent", "I am worthy"	Increase by writing or recording & listening to positive declarations
"I am one with the universe and it is one with me"	Increase by moving through the first four levels and level five will naturally increase