



# Watch Your Words

## The Power of Self-Talk

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# “The story of my life” ...



Are you an empath?

What's yours is mine ...

... but is it really?

# Empath Default Mode

Yours



Mine

Yours



# Empowered Empath

To thine own self be true

You don't have to go anywhere in your mind that you don't want to

## Compassion

Noticing a need and doing something to honour it.

## Resilience

The ability to bounce back from difficulty.

# The Well-Being Equation

$$\text{Suffering} = \text{Pain} \times \underline{\text{Resistance}}$$

The more resistance, the more suffering

The less resistance, the less suffering

The less suffering, the more contentment

# What Gets in the Way?

## STORIES

*I'm too busy*

*I don't have time*

*There's nothing I can do ...*

**... Sound like you?**



Whether you think you *can*,  
or think you *can't*  
**YOU'RE RIGHT...**

*Henry Ford*

# The Well-Being Equation

**Healing = Pain \* Awareness x Compassion**

# What is a Limiting Belief?

*Thoughts and behaviours that stop you from experiencing a full life.*

Ex: I can't \_\_\_\_\_, I don't \_\_\_\_\_,  
I'm not \_\_\_\_\_

# What's Your Immediate Thought?

*The thought that is first to pop into  
your head from your critical voice  
when prompted.*

Let's see ...

# First thoughts only

- I can't ...
- I won't ...
- I'm too ...
- I'm not ...
- I don't ...
- I have to ...
- Others are ...
- Others will ...
- The world is ...

Keep your responses free from editing.

You won't need to share them – they are yours to see.

# The Story of Two Wolves

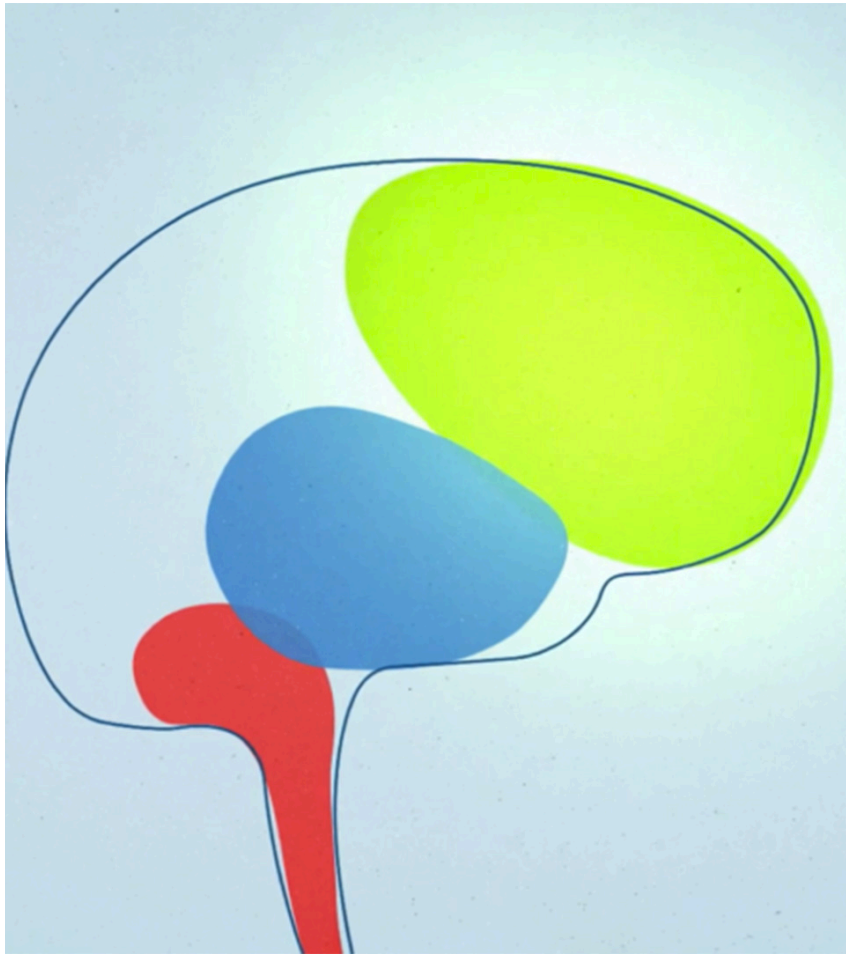


Why feed the dark wolf?

**They're doing the best they can  
with what they have  
to protect you.**

# ≈ Conscious Discipline Brain States

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Dr. Becky Bailey; Conscious Discipline

## Survival State

- Brain Stem
- Am I Safe?

## Emotional State

- Limbic System
- Am I Loved?

## Executive State

- Pre-Frontal Lobes
- What can I learn from this?



Let's sit on it ...

# On Acknowledgement ...

**I See You**

**I Hear You**

**I'm Here For You**

**I Love You**

These 4  
Lines Hold  
So Much  
Power...

# HO'OPONOPONO

I'M SORRY  
PLEASE FORGIVE ME  
I LOVE YOU  
THANK YOU



[juliebladon.com](http://juliebladon.com)

What does belonging ...

... look like in my life?

... sound like in my life?

... feel like in my life?

... smell or taste like in my life?

That's all great  
...but my issues  
are bigger

# Emotional Freedom Technique (Tapping)

*Tapping on different energy points to  
calm the nervous system while you  
process thoughts constructively*

# Emotional Freedom Technique (Tapping)

*“A way to interrupt, disengage, dissolve and vanquish [patterns]. Tapping gets to the root of what’s going on, balancing the mind and body and changing what we do, how we feel, and how we experience the world.”*

- Nick Ortner, The Tapping Solution



**1 KC: karate chop**

**9 TH: top of head**

**EB: eyebrow 2**

**SE: side of eye 3**

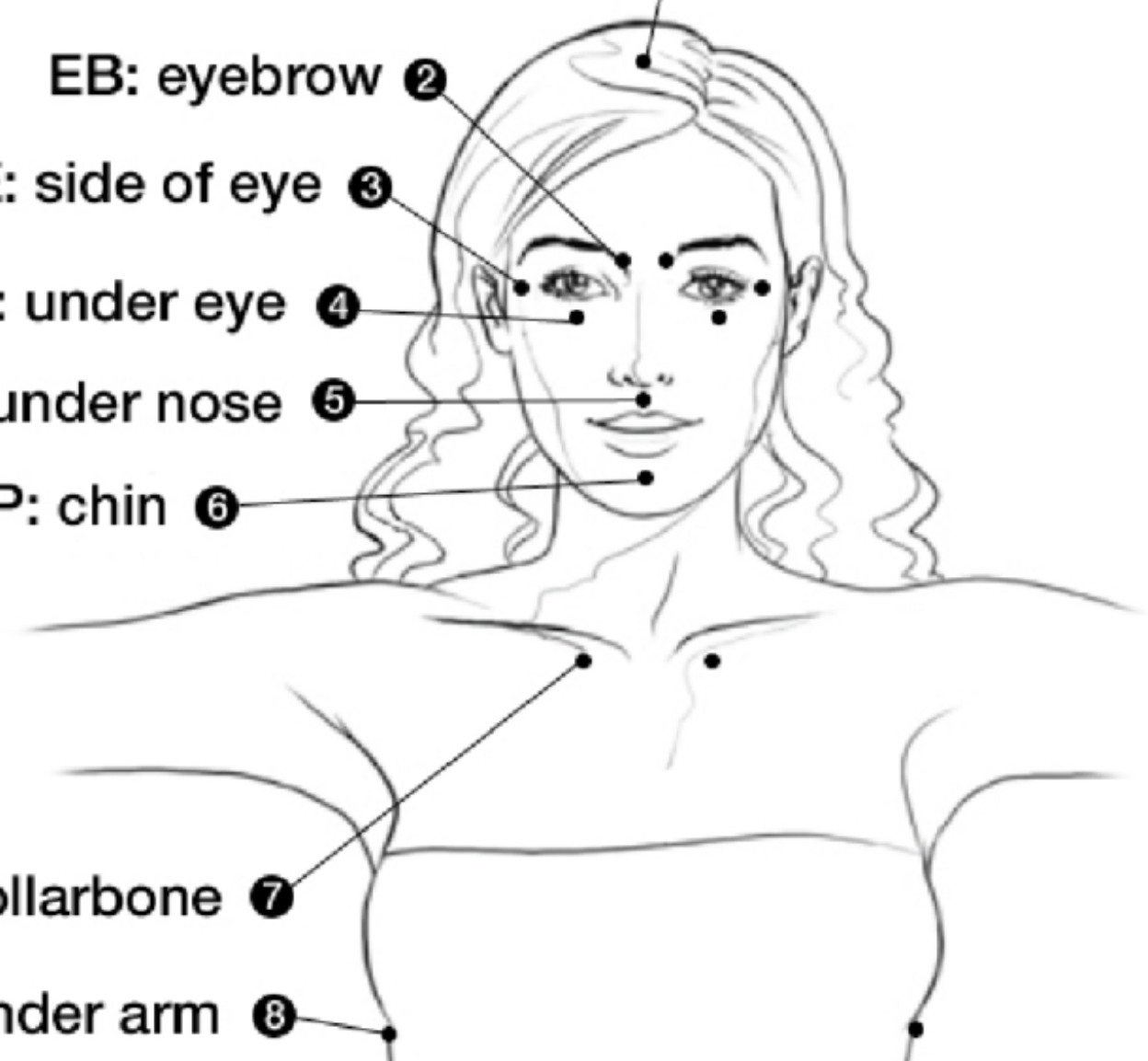
**UE: under eye 4**

**UN: under nose 5**

**CP: chin 6**

**CB: collarbone 7**

**UA: under arm 8**





# Emotional Freedom Technique (Tapping)

1. Determine emotional set point on a scale of 1 – 10
2. Tap
3. Re-assess emotional set point
4. Repeat as desired

\*\*The Tapping Solution, Tapping to Create Lasting Change by  
Nick & Jessica Ortner

Let's Try 😊

You can do  
anything



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