

3P MONTH 7 - PLANNING & PREP

Practicing your response to others

One of the greatest ways you'll create what you want with your health is to be really sure of your choices. And to be able to assertively communicate these whilst not reacting negatively nor being pulled down / tempted to go off course by others... that may not share your viewpoint, values and choices. Either because they don't want that for them (at the moment) or because it stirs up 'stuff' in them

The 5 ways you can do this are:

1. KNOWING WHAT YOUR AUTHENTIC CHOICES ARE
2. HAVING CLARITY AND CONFIDENCE IN THESE CHOICES
3. WORKING OUT WHO IS AROUND YOU THAT MIGHT CHALLENGE THESE CHOICES (CONSISTENTLY / ADHOC / RANDOM) AND PREDICTING WHAT THEY MIGHT SAY/ DO
4. CONSIDERING WHAT YOUR TYPICAL /DEFAULT / EMOTIONAL / BEATEN DOWN / WEAK RESPONSE WOULD BE
5. CREATING MORE POWERFUL AND NON-AGGRAVATING RESPONSES USING LANGUAGE / TONE / VIBE /BODY LANGUAGE THAT WILL HELP YOU BECOME STRONGER AND HELPING THEM TO LET YOU BE

You've got to be very aware of

- The questions people ask – people are unlikely to be thinking about their language
- How this makes you feel?
- What you would say back?
- What would then happen to your choices?
- What this means in terms of your self-esteem, doubt, beliefs, guilt, attention, offending others, sabotage!

This can be around:

Exercise
Alcohol
Eating more veg / plant based
Going vegan
Doing diets
Work-life balance
Bedtime

Self-care

Anything to do with health if you're making different choices to others around you

But if you're around people that share the same health goals / values / beliefs / want, everything becomes easier!

The most important things you can do when responding to others is:

- Knowing exactly the sorts of phrases you use that means you stick to what you want
- You have to understand that others may get bent out of shape and get upset with their choices but that is OK – make peace with that.
- Communicating your choices calmly and assertively
- Not making a big deal of it
- Predicting and practicing as much as possible until it becomes your auto pilot

Some great questions for you to go away and complete are:

1. What are the choices I'm making for me?
2. What are the magic WHYS under these?
3. What is it about this choice that is important to me?
4. What does this mean for my ultimate health goal / optimum health / life
5. Who else has / does what I'm choosing?
6. What are the health values / goals and beliefs that they hold?
7. Who around me may not support me on these choices (at the moment)?
8. What are the sorts of comments that they may make to me?
9. Who around me may try to tempt me away from my choices?
10. How might they do this?
11. What are the specific things they might do and say?
12. What scenarios might this be in?
13. What are the weaknesses I have around these choices?
14. The things / people / phrases that press my buttons and make me feel rubbish / a failure about these are?
15. What might my negative inner voice say or encourage me to do/not do as a result of these weaknesses and other people saying things?
16. What are the sorts of things I can say back to this voice so that I feel more in control to do what is important to me?
17. What do I want to happen when people around me challenge my choices and tempt me?
18. What things could I say to other's responses that make me feel more empowered
19. What is it about my choices that aggravate the other person? What are the reasons they are reacting to my choices like this?
20. How can I keep calm and measured when people are challenging me?

Below are 5 examples of comments that people might make, and some

Strong responses

Weak responses

Aggravating responses

Examples of some strong responses to consider

Oh, go on just one slice / glass....

Ah bless you, thanks so much, but I'm still full from breakfast thanks. / I love not drinking at the moment

And then STOP, smile and start a conversation / move away

But I was up until 1.30am making these...

Well, they look absolutely lovely; I could see that you'd made such an effort. I tell you what; I'd love to take a piece home with me if that's ok?

But you love wine / sugar?

Yes, I really did so I can see how this might be a shock for people to understand. But I was eating / drinking too much and I actually feel really great not having it / having less. And I really love how I feel from not having it.

Ha ha ha, you'll never keep this up, I'll give you a week?

Ha yep, I reckon a lot of people will think that I can't do it. But I'm giving it a damn good go because it's something I really want for me. I'm feeling strong, I feel so good from it and I'm genuinely really happy with my choices

You're going to really change the dynamics of the weekend now, why don't you have a weekend off and get stuck in with us

I fully intend to have a great weekend and you can too! I'm really clear on what I want for me right now and I'm so happy with how I'm feeling. It's honestly effortless and I don't feel hard done by not doing what everyone else is so please don't worry!

Examples of weak responses to avoid

Oh, go on just one slice / glass....

Aaaaah... I really shouldn't

This will encourage a second prompt from them

But I was up until 1.30am making these...

Oh no now I feel really bad, I'm really trying not to eat cake but if you've gone to so much effort, maybe

But you love wine / sugar?

Aaaah don't.... I really do but I'm thinking if I cut it back, I might feel better / lose weight

Ha ha ha, you'll never keep this up, I'll give you a week?

I'm trying to and it's really hard...

You're going to really change the dynamics of the weekend now, why don't you have a weekend off and get stuck in with us

Oh don't say that... now you're making me feel bad

Examples of aggravating responses

Oh, go on just one slice / glass....

Why do you always do this?

Or

Well, when you get cancer and I don't - remember I made the better choices

But I was up until 1.30am making these...

Oh, great now you're throwing that one at me

OR

Well, that's your problem, no one asked you to

But you love wine / sugar?

Yes, I do, thanks for the reminder, why can't you just support me in this? Why do you have to tempt me all the time?

Or

I did and I was getting addicted to it and unlike you I can admit it

Ha ha ha, you'll never keep this up, I'll give you a week?

Oh thanks! Nothing like a bit of support from my friends

OR

Well, you've never managed to do, x, y, z or well you are useless at XX and I don't criticise you

You're going to really change the dynamics of the weekend now, why don't you have a weekend off and get stuck in with us

Oh don't say that... now you're making me feel bad, why do you say things like that when you know it will make me upset

Well actually that you're self-limiting mindset. Unlike you I don't need, X, Y anymore

Examples of language to avoid

- Extreme language – always / never / everyone / no one
- Weak language – try/trying, should/ ought to, might, probably
- Don't use why – what are the reasons instead
- Avoid citing other people – So and so said that if I do this or I should do that or so and so has done that
- Use 'you' – your power is to bring it to you and not make it about them

Examples of language to include

- This is really important for me
- When I do this or make this choice it makes me feel really good
- To me...
- I'm happy and content when I
- I love the way I feel by
- I want to do this
- I am going to
- I will
- I can
- I am
- This is what I'm choosing because
- This is what I'm doing because
- I'm very connected to what I want and love making the choices I make

How to practice

- In the mirror – great to see your body language / building stronger eye contact
- In the car – you can get really creative with this – I like to do the aggressive one first to get out my system and then practice the more helpful one!
- Closed Facebook group and do a FB Live – set one up and get a list of questions / comments in various scenarios and then respond – this way you can watch the replay!
- Role play – get a friend / coach / mentor to help you
- The Mental Rehearsal strategy – where you practice through visualisation

Mental Rehearsal – this is a BIG part of being successful with this!

Use all senses, create or recreate races in your mind. To help you build the neurological pathways to improve what you do and make what you do more auto pilot

Jack Canfield shares the 3 steps of then mental rehearsal like this...

STEP 1. Imagine sitting in a cinema, the lights dim, and then the film starts. It is a movie of you doing perfectly whatever it is that you want to do better. See as much detail as you can create, including your clothing, the expression on your face, small body movements, the environment and any other people that might be around. Add in any sounds you would be hearing — traffic, music, other people talking, cheering. And finally, recreate in your body any feelings you think you would be experiencing as you engage in this activity. – LOOKING AT YOU DOING IT

STEP 2. Get out of your chair, walk up to the screen, open a door in the screen and enter into the movie. Now experience the whole thing again from inside of yourself, looking out through your eyes. This is called an “embodied image” rather than a “distant image.” It will deepen the impact of the experience. Again, see everything in vivid detail, hear the sounds you would hear, and feel the feelings you would feel. BEING IN IT AS YOU'RE DOING IT

STEP 3. Finally, walk back out of the screen that is still showing the picture of you performing perfectly, return to your seat in the cinema reach out and grab the screen and shrink it down to the size of a cracker. Then, bring this miniature screen up to your mouth, chew it up and swallow it. Imagine that each tiny piece — just like a hologram — contains the full picture of you performing well. Imagine all these little screens traveling down into your stomach and out through the bloodstream into every cell of your body. Then imagine that every cell of your body is lit up with a movie of you performing perfectly. It's like one of those appliance store windows where 50 televisions are all tuned to the same channel. PUTTING THE MOVIE INTO YOU

Use this technique with different scenarios / comments from people that make you feel weak / when you are feeling weak:

- And take yourselves into the scenario
- Imagining how you want it to be played
- Responding well and powerfully to others
- Getting the outcome that you want for you
- Feeling strong, happy, and proud that **YOU GOT WHAT YOU WANT!**