

26. I need to punish myself

This resistance is similar to the resistance on not feeling deserving. And the same thing goes as for that one; the deeper inner work is important to do in order to get this properly dealt with.

Punishing yourself makes absolutely no sense.

It usually comes from the idea “if I beat myself up hard enough, I’ll do it differently next time”

And what that thought actually ends up doing is putting heaps of pressure on you which causes you to mess up even more.

It’s a habit of thought, likely picked up in early childhood. It’s often one of the parent’s voices.

I punished myself big time. I talked myself down to motivate myself to do better. But that doesn’t work. And brings you the opposite result. As a result of punishing yourself you feel more crappy about yourself.

It costs you confidence. And the less confidence you have, the more challenging everything becomes. The more confidence you have, the easier things become.

EFFORTLESS confidence is what I suggest you set yourself as a goal. And trust me, when you are at that place you’ll achieve things with ease. And you’ll get much more success when you’re loving and accepting yourself than when you’re punishing yourself.

So let it go!

The following thought sequence may be helpful for you. I start out where you may be currently at with your thinking, and I help guide your thoughts to a more realistic, positive statement regarding change:

I need to punish myself

No I don’t

Yes I do!

No I don’t

But without it I’ll just keep repeating all those messed up behaviors

I must punish myself out of it

I must be really harsh with myself

It’s really working for me in my life!

Punishing myself really makes me successful

Look at my life, punishing myself clearly works!

Thanks to my self-punishment my life is such a party!

No it's not...

But I can't let it go

I can't let it go now

Yes I can

But I don't want to

Yes I do

No I don't, it's serving me

My life is such a joyful adventure!

No it's not

But without punishing myself it would be even worse

But maybe that's not true

I'm willing to consider that without punishing myself I'd feel better about myself

I'd feel more confident

And when I feel more confidence I can be more successful

In a safe way

I wonder what would happen if I started encouraging myself

Instead of beating myself up

I'd feel better

And more confident

I'm open to giving it a try

It may be good for me and others when I feel better about myself

I want to feel better about myself

I love that I can do these exercises in this system which will help me with that

It's good for me and for the people around me

I can start now by making a decision to start encouraging myself

Even just a little bit

I don't have to do it all at once

I can take small steps at a time

I want to start encouraging myself instead of punishing myself

Whenever I notice myself punishing myself I can catch myself in the act

And remind myself that I can change those thoughts

And start encouraging myself instead

I can do that

One step at a time

I choose to encourage myself instead of punishing myself