

***SELF-GROWTH* WORKBOOK:**

**Blueprint for Change**



**Created by:**

**Marlene Shiple, Ph.D.**

**The Life Coach Dr.**

**(602) 266 - 6662**

**<http://thelifecoachdr.com/coach>**

**EXERCISE 1: Select Your Area for Growth**

Select an area in which you would like to change:

What has been preventing you making this change? What has blocked your success?

## **EXERCISE 2: Inner Critical Parent**

So much of your self-esteem is based on the attitudes your parents had toward you when you were a child. This is crucial because your self-esteem can affect whether or not you persist in a creative goal ... or in any goal, for that matter. Not only can you be affected by the ways your parents viewed your creativity, you can be equally influenced by negative examples your parents set for you.

Many people discover that it is the negative voice of a parent that blocks them from success. In this exercise, bring up from your childhood the negative voices of your parents. And then reflect on how this is still influencing your life.

Sometimes, the inner voices are not critical, but nevertheless are stifling. For example, one client commented, "My family thought everything I did was wonderful, even things I knew I wasn't good at. So, therefore, I have this inability to trust what I really believe I'm good at. Like they'd say I was a fabulous athlete; I never was."

### **EXERCISE 3a: Negative Programs Revealed: Brag about Yourself**

Bragging about yourself and your work is a surefire way to get your self-doubts to leap out in full, sharp detail! Write out a thorough, comprehensive explanation of how you are the greatest person (lover, friend, writer, cook, mother, father, student, etc.) in the whole world. Go all the way with this: exaggerate, fantasize, describe how you imagine you'd like it to be!

### **EXERCISE 3b: Dialogue with Disputing Voice**

By the time you finish writing the first part of this exercise (Exercise 3a), an inner voice will probably be shrieking “liar” and other insults at you! Now address this voice by writing out a dialogue with it. Allow it to fully describe its anger and opinions.

This is the voice of your barrier; the more it can express itself directly, the less need it has to act out. The persistent questioning of our abilities subverts our motivation, spontaneity and ability to take risks. This exercise will help you confront these doubts. Intermixed with the insults can be helpful advice – Watch for this!

#### **EXERCISE 4: Dialogue between Conflicting Elements**

The conflicts which cause the most trouble in creativity many times center around self-esteem. You may have a conflict about your desire to fully express yourself and the fear of rejection and ridicule; or a conflict between what you consider to be your true value vs. the reactions of others.

Pick a set of conflicting elements within yourself and give each a name or title. Write a conversation between the 2 conflicting elements – e.g., between your desire and your fears, between what you “can” do and what you “can’t” do; between the part of you that feels like a success and the part that feels like a failure; between perfection and imperfection. Write a dialogue of how each would fight for its own side.

Write spontaneously, without censoring yourself. Let each side fully express its opinions and feelings until you come to some kind of resolution. What does each side see as the problems? The priorities? Determining the root of the conflict and exploring all the feelings fighting for attention are the 1<sup>st</sup> steps toward resolution.

DESIRES:

FEARS:

DESIRES:

FEARS:

DESIRES:

FEARS:

### **EXERCISE 5a: Visualize the Block**

In this exercise you'll take the opportunity to visualize a block, and enable hidden aspects of it to emerge from your unconscious mind. Think about the block, visualize it in your mind and get to know it in detail. Then draw a picture of it below. Mentally picture the block and notice as much detail as possible. Let it speak for itself about its experiences and its past, its texture and feel.

Drawing your block also provides new insights. It works for everyone because you're communicating with your unconscious mind in a language it understands.

**EXERCISE 5b:**

**Describe Your Reaction to Your Picture (from Exercise 3a)**

Now write out your reaction to your picture:



### **EXERCISE 6: Write from the Block's ViewPoint**

In this exercise, you analyze the block from a unique perspective ... the block's point of view! Blocks are messages; we must understand these messages in order to resolve the blocks. Once the concerns of the unconscious mind are uncovered and addressed, the block loses its purpose, and, thus, can be laid to rest.

So, write out the situation from the Block's perspective. Making the block a separate entity with its own voice gives you psychological distance from it; those thoughts and feelings that usually are submerged can come forth. It enables you to experience and release the feelings surrounding the block. Write spontaneously, without censoring.

**EXERCISE 7a: Positive Self-Impressions + Personal Picture**

Forming a vivid picture in your mind of positive past self-impressions can have a powerful influence on your performance.

Write a vivid picture of past positive self-impressions:

Now write out a personal scenario (one that you have experienced in the past) of a fear-filled situation – one that springs from your fears -- about accomplishing your goal:

**EXERCISE 7b: Replace Negative with Positive**

Re-write your personal scenario with positive, upbeat images:

**EXERCISE 8: Move Forward -- ACT out Your Positive Personal Picture**

Proceed with the daily experiences of your life. Begin to behave in the ways that you defined in your personal positive scenario. Start to make habits of your positive self-impressions and positive personal picture. Live those enthusiastic, upbeat images!

What do you notice as you do this?:

**Additional RESOURCES for Self-Growth:**

[The Life Coach Dr.](#)

[The Hypnosis Dr.](#)

[Health & Healing Blog](#)



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