
The Examined Life, Edition 11, September-October 2004
A free, electronic newsletter brought to you by:

Debra Exner, CPCC
Business & Personal Coach
Exner & Associates
Examine, Explore and Excel!
www.ExnerAssociates.com

IN THIS ISSUE:

- * Inner Critics, Gremlins and other Beasties, Part I
- * Tip of the Month
- * Coming Events
- * Results of the Race for Research
- * Spread the Word

INNER CRITICS, GREMLINS AND OTHER BEASTIES, PART I

Are you aware of your negative thoughts and the interference they create? This is a topic I always address with my clients because it is so universal.

As I was writing this article, I thought of several books that address how we talk to ourselves in different ways. I've included information about the books in the Tip or the Month. Despite their different approaches, they share these points:

- Gremlins, inner critics and other beasties can make our lives miserable.
- Everybody has them, even those who seem to have it all.
- They can keep you from achieving, or even trying to achieve, your goals.
- Trying really hard to silence the negative talk doesn't work.
- Becoming consciously aware of negative self-talk lessens its power over you.
- Taming your gremlin is a life-long process but it pays big dividends.

So how to start? Step one is to notice your self-talk. Listen for it. Don't analyze or judge it or yourself, just notice. If you get caught up in figuring it out, relax, take a breath and notice that too. Write down some examples. You might also listen to how others talk about themselves. Isn't it often easier it is to detect things in other people than in ourselves? Fine-tune your inner critic radar and just notice.

I'll share some more gremlin-taming ideas in my next newsletter. In the meantime, Wendy Mackowski, Rae Booth and I are presenting our workshop on the inner critic on October 26th (see details below).

TIP OF THE MONTH

Here are some of my favorite books that address the topic of our self-talk:

Inner Game of Tennis by Tim Galway (innergame.com) -- I read this book years ago because it was frequently recommended to musicians. One of its basic premises is that Performance = Potential – Interference. The more we can get rid of the interference put up by our negative self-talk, or by trying too hard to do things right, the more we can allow our potential to shine through. It's also a great book

for teachers because it talks about the pitfalls of over-teaching. I was delighted when, years later, bassist Barry Green collaborated with Tim Galway to create the **Inner Game of Music**. I still remember watching a funny video of Barry Green trying to play a bass solo while his inner critic was picking at his every move! Galway's latest book is the **Inner Game of Work**.

Psycho-Cybernetics by Maxwell Maltz (psycho-cybernetics.com) -- Maltz was a plastic-surgeon who noticed that even when he changed the outer appearance of his patients they often saw themselves in the same negative way. He wanted to help them develop a positive self-image and learn how to use their imagination to aid in accomplishing their dreams. It was my first exposure to the power of our thoughts and of visualization.

Taming Your Gremlin by Richard Carson (tamingyourgremlin.com) – This is a short, easy read that I was introduced to in coaching training and one I usually use with my clients. It puts the choice in awareness and change and is a fun and simple way to become aware of negative self-talk and enjoy life more. If you are a parent or teacher of young children I particularly recommend this book and their website. You can use these simple concepts to give the children in your life an important gift.

There are many other books I'd like to include but I'll stop there. I'd love to hear about your favorite book or approach to this topic.

COMING EVENTS

What's Holding You Back? Using Your Inner-Wisdom To Silence Your Negative Self-Talk.

Are you locked in your comfort zone? Is something barring you from reaching your greatest potential? How well do you know your Inner Critic? Come participate in a fun and creative exploration that will help you to identify and expand your awareness of your inner critic, practice techniques to manage it, develop methods to get in touch with your inner wisdom, and move beyond your inner critic to success. Bring a friend. This is a great opportunity to learn some techniques together that you can apply to your everyday life!!!

When: **Tuesday 10/26 7-9:00 p.m.**

Cost: \$25.00 (check, Visa, Master Card or Discover)

Where: St. Barnabas Church, near Kirkwood Highway and Duncan Rd

Presenters: Debra Exner, Rae Booth and Wendy Mackowski

Interested but unable to attend? Contact me to set up a free sample coaching session and we'll invite your gremlin out to play!

RESULTS OF THE RACE FOR RESEARCH

The first annual Philadelphia Race for Research was a fabulous success. We had over 1,000 participants and raised \$188,000, specifically for myeloma research, and set records for the most successful first-year race. Members of the Philadelphia Multiple Myeloma Networking Group, some of whom were reluctant to ask people to donate to this cause, were thrilled by the enthusiastic response they received. Family and friends often feel helpless in the face of someone's diagnosis and are happy to have a way to make a difference and show their concern and support.

Things started early in the morning and many had traveled quite a distance to be there. Some people had formed teams of family and friends with their own special t-shirts or other identifying logo. There were banners and signs everywhere expressing support for a loved one, with cute rhymes and phrases. Everyone

felt empowered by the chance to make a real difference. Members of the group who hadn't attended a meeting in quite while, either because their myeloma is in remission or because they lost their loved one with myeloma, turned out that day and it was like a big family reunion.

Even though twice as many people turned out for the race than expected there was abundant food and drink thanks to Sharon Klein. She took on the leadership for our group's race effort, spent countless hours, and pulled together a great team in a very short time, worked with other sponsors of the race and brought this dream to fruition. She is already starting on next year's effort. Sharon said this was the most gratifying thing she has ever done.

These few comments from attendees sum things up for me:

I feel so empowered, like I finally am able to make a difference in this disease.

Judging from how long people just hung around after the race, it was clearly an event to be savored and not just attended.

All in all it was a wonderful day and I thank God for the opportunity to be there to see it happen.

SPREAD THE WORD

If you are ready to make changes in your business and personal life or know someone who is, I'm looking for you. I work primarily with self-employed or self-directed individuals and business owners who want to maximize their effectiveness and satisfaction at work while maintaining a healthy life/work balance. Curious? Email me at DExner@ExnerAssociates.com or call 302-478-5919 to schedule a complimentary 45-minute coaching session.

If you are enjoying this newsletter, please forward it to your friends and colleagues! Or direct them to the subscription form and past issues at exnerassociates.com

Thanks,

Debra Exner, CPCC
Business & Personal Coach
Exner & Associates
Examine, Explore and Excel!
DExner@ExnerAssociates.com
www.ExnerAssociates.com
phone# 302-478-5919

I free myself not by trying to be free, but by *simply noticing* how I am imprisoning myself in the very moment I am imprisoning myself.

— Taming Your Gremlin, Richard Carson

Please let me know if you'd rather not receive these messages.