Resolving Conflict with Yourself
A Three-Part Exercise in 7-Minute Increments
It’s not always other people we’re in conflict with. Many of us find we’re more often in conflict with ourselves.

Internal conflict throws us in a state of confusion and makes us doubt our intuition and our deepest heart’s longing. This blocks us from executing on our fundamental passions and gifts and robs us of joy and fulfillment.

The following Perception Box worksheets will help you reframe and expand your assumptions about yourself. They will reveal negative thought patterns, help you see where they came from, and show you how untrue they are and always have been. Knowing this, next time that assumption gets triggered, you’ll be in a better position to laugh it off (“how did I ever believe that?”) and reconnect with what really matters to you.

What makes these worksheets unique is they are not mere cognitive exercises, nor are they journaling. You will be walked through a series of visualizations that will open a window into your unconscious mind, enabling you to dialogue with aspects of yourself that you generally don’t see. These parts, often stuck in time, need to be reassured that it’s safe to be integrated into your adult consciousness. When WE feel whole, our whole WORLD transforms.

Sound good?

Before you begin, find a comfortable seat. Take a moment to center yourself. You don’t have to figure out what to do on your own – you’ll be walked through everything from taking belly breaths to a simple visualization to noticing the thoughts in your head and emotions in your body.

First, read through the following Inner Conflict assumptions or “stories.” Find the one that most resonates with you, or feel free to work with your own story.

Download the first worksheet and give yourself a good 7 minutes to fill it out.

What you discover (about yourself) might surprise you.

Be open to being surprised.
Seeing Through Our Stories: Healing Your Inner Critic

You tell yourself you’re not good enough.
You tell yourself you’re lazy and undisciplined.
You tell yourself you’re spoiled.
You tell yourself you can’t handle it.
You tell yourself you’re stupid.
You tell yourself you’re difficult.
You tell yourself you have no talent.
You tell yourself you’re not doing it right.
You tell yourself you’re a fraud.
You tell yourself you’re an asshole.
You tell yourself you’re bad at relationships.
You tell yourself you’re unlovable.
Your tell yourself you’re selfish.
You tell yourself you’re not attractive.
You tell yourself you don’t matter and aren’t worth anything to anyone.
You tell yourself you’re invisible and will always be ignored.
You tell yourself you’ve failed. You’re going to fail. That failure is your middle name.

(Which story haunts you the most?)
10 Questions For Resolving Conflict With Yourself

First, find a comfortable seat. I’ll walk you through a short experience to help you get present and grounded in your body.

Exhale all the air out. Slowly inhale through your nose to a count of 4, hold for a moment, then exhale out your mouth to a count of 6. Do this a few times. Feel the sensations in your feet. Your hands. Your seat.

Now picture yourself seated in front of you. It’s not your ordinary, everyday self – it’s you in your highest possible expression. If you believe in higher selves, it’s your Higher Self. If you believe in souls, it’s your soul. If you believe in neither, just imagine you at your very best, smiling at you with genuine compassion.

You and your Higher Self are now going to enter a dialogue.

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Your Higher Self would like to ask you a series of questions to get to the root of your self-conflict. Read over each question below, then close your eyes and really see your Higher Self seated in front of you, asking you the question with kindness and concern. When the answer rises up in you, open your eyes and write it down.

1. “What negative thing you are telling yourself?”

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2. “What emotions come up as you say that to yourself?”
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3. “Where do you feel those emotions in your body?”
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4. Now make those emotions as big as possible,” your Higher Self instructs. “Let them fill up your whole body. Staying with the emotion, are there 2–3 other times in your life where you felt the same way? Allow the memories to bubble up without filter, going back as far in time as you can. Jot down a few notes describing each memory.”
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5. “When you’ve located the earliest memory you can come up with, pause. Really see the whole event in your mind as if it were a movie. What happened? Who else was there? What emotions were present?”
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6. “When that happened,” your Higher Self says with compassion, “what did you make it mean about you? What belief did you take on about yourself because of that event?” Picture your Higher Self listening with great interest and care.

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7. “Is that really true?” your Higher Self asks. “At that young age, were you fundamentally that negative thing you were telling yourself? Looking back now, in what ways were you not that negative thing?”

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8. Are you that negative thing now? Try to consider how a loved one or dear friend would answer. Come up with as much evidence to the contrary as possible.”

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9. Now ask your Higher Self to tell you the truth about who you **actually** are. Allow your Higher Self to speak to you for 1-minute, naming a whole range of traits without too much filtering. (This is not a cognitive exercise. Try to lead with your heart.)

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10. Thank your Higher Self and let them fade away. Now circle the traits you wrote above that inspire you, thrill you, or soften you. Next time that negative story gets fired up, which of the above traits or qualities might you draw upon to help you?

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Congratulations! You've just expanded your Perception Box.

Take a moment to consider what you've just learned. With your perspective now reframed, you may already be feeling greater compassion for yourself, with a new path forward on how to manage the inner critic next time.

If you're already thinking, "Oh God, next time!" the following worksheet will help you.
3 Questions To Get Ahead Of The Inner Critic

1. What’s a time in the near future when the inner critic might try to corner you? Close your eyes. Really see it and feel it.

What’s the future scenario?
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What emotions does imagining this scenario bring up?
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2. To help the inner critic relax, what might you remind yourself? Think back to the qualities or traits from the previous worksheet. Which of these could help you in this scenario?
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3. Now see yourself in the future scenario embodying these traits. Write down what you see yourself doing, and how you feel doing it.

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MAKE A COMMITMENT

Ok, now you’re (fully!) prepared for action. Make a commitment, should that story get fired up again, to envision your Higher Self IMMEDIATELY and ask them to remind you of THE TRUTH – that you are a complex being who has grown a thousandfold since you first took on that limiting story about yourself.

As hard as they are to face, it's difficult situations like this one that teach us who we are. Don't you want to know more about the gifts you didn't even know you had?

It's all a matter of expanding your Perception Box.
6 Post-Action Reflections & Resolutions

Congratulations! You’ve just bravely encountered your inner critic. Now let’s reflect on how you reacted when that frustrating voice popped in – and what changed as a result, if only in how you feel (which let’s be honest is everything).

Take 5 minutes to answer the following questions:

1. When the inner critic popped up, what did you do?

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2. If you remembered to imagine your Higher Self seated in front of you, what did your Higher Self say?

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3. If you forgot to bring in your Higher Self, first forgive yourself, then imagine what your Higher Self might have said.

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4. How did your Higher Self saying that make you feel (in the scenario or as you picture them right now)?
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5. What changed (or might change) in your behavior as a result of feeling that new way?
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6. How did this different way of managing your inner critic carry over into other areas of your life? (Or how might it?)
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You did it! I hope you give yourself credit for how monumentally difficult it is to look your inner critic in the eye and see what it has to teach you. Over time that voice will become softer and quieter until one day ... no, it doesn't disappear, it transforms into your biggest champion. (Wait and see).

Should there come a time when you need help with another Internal Conflict, come back to the website and download another worksheet. We tried to cover them all, but if we missed yours, let us know!
The more you do this, the more you will recognize -

The Only Way Forward Is Inward.