



Keep Moving Movement

www.mymmm.org



SESSION 1

THE VOICE IN YOUR HEAD!



3rd July, 2022

POSITIVES

Positives aren't all about what you win or achieve. They are also about what you attempt, what you think, and who you are.



In ayurveda they say, there is NO plant in the world that does not have a good ingredient / quality. Every plant has a medicinal value.



Cobra venom can fell an elephant. Its venom is also effective in treating several difficult-to-treat ailments, such as rheumatoid arthritis, heart attacks and strokes.



<https://www.scientificamerican.com/article/poison-cobra-venom-therapy/>



***CIRCLE ANY OF THE FOLLOWING
POSITIVES THAT ARE TRUE ABOUT YOU.***

GOOD LISTENER

KIND TO ANIMALS

GOOD FRIEND

HONEST

GOOD SENSE
OF HUMOR

SMART

TALENTED AT
A HOBBY

CLEAN

PATIENT

RELIABLE

BRAVE

CREATIVE

KIND
TO
PEOPLE

LOVING

HARDWORKING

RESPONSIBLE

TALENTED AT
A SPORT

SINCERE

Ask your friend what they would name as your positives and record their answers below.

Friend 1

Friend 2

Friend 3

Friend 4

Friend 5

MESSAGES IN YOUR HEAD

How you feel about yourself today has partly to do with the messages you received as a child from your family. The way you interpreted those messages as a child helped you feel good or bad about yourself. When you evaluate the same messages as a young adult, you can decide which you want to keep believing and which you don't.

STORY TIME

Ranbir sat with his friends and yet felt confused. He had these recurring thoughts in his head—things he had been told that made him feel bad about himself. The thoughts were so loud and strong, it felt like they had the power to ruin his whole life. He felt embarrassed to bring them up to his friends. So he spoke to Ms. Ray, the favorite teacher. She was always kind to him.

"I keep hearing this voice in my head telling me I'm not good enough," he said. "It drives me crazy. No matter what I do, I always feel bad about myself."

"Did anyone ever actually tell you that you weren't good enough?" asked Ms. Ray.



"Just my dad, when I was little. He always told me I should try to improve at football, try to improve my marks, try to improve my attitude, try to improve everything. And even when I did get better, he would tell me to improve more."

"Your current thoughts make sense then," said Ms. Ray. "The messages we receive as children stick with us. They are especially powerful when they come from our parents or guardians, because these are the most important people in our lives. We literally depend on them for survival. Their messages are the first ideas we have about ourselves, and they go a long way toward shaping our self-image and self-esteem."

*"Ideally, we should be raised by perfectly healthy people who send us only perfectly healthy messages. In reality, however, we all are raised by people who are doing the best they can. They are imperfect and not capable of giving healthy love or sending positive messages
'ALL THE TIME'."*



"What's most important to understand is that negative messages don't reflect our true worth."

"As young children, we believe all the messages we receive without question. As a young adult, we have the ability to look at those messages carefully and decide which ones are helping you create healthy self-esteem and which aren't."

"You have the power to let go of any messages that aren't serving you well."

Why do you think Ranbir's father might have repeatedly told him to improve himself?

.....
.....

Do you think that Ranbir's father did or didn't love him?

.....
.....

To create healthier self-esteem, what could Ranbir do about the continuous thought that he isn't good enough?

.....
.....

MESSAGES THAT AFFECT YOUR SELF-ESTEEM

Underline any of the following messages family members may have sent you, explicitly or implicitly.

"You're not trying hard enough."

"You're not good enough."

"You'll never be able to do it."

"Why can't you be more like your brother (sister)?"

"You drive me crazy."

"Why are you doing this to me?"

"When are you going to grow up?"

"Are you stupid or something?"

"It's your fault that I am angry."

"You could have done better."

"Why are you making such a big deal out of it."

"You are so weak."

"How will you ever get anywhere in life?"

"Look what you've done."

"Can't you do anything right?"

"You are stupid."

"You can't take simple decisions?"

"Why are you so confused?"

"You don't deserve what we give you."



Write any messages you "hear in your head" that affect your self-esteem but are not listed above.

1.
2.
3.

ACTIVITY



I CAN



HEALTHY SELF-ESTEEM

The way you feel about yourself today has partly to do with messages you receive from yourself. These messages help you feel good or bad about yourself. When you identify, explore, and evaluate these messages, you can decide which you want to keep and which you don't.

You can learn new ways to talk to yourself that help you develop healthy self-esteem.

When Alia makes a mistake in her singing class, she tells herself - I wish I hadn't done that, but I improved overall and that's awesome!

She doesn't get invited to a birthday party, she tells herself - I still have great friends to play with.



HER POSITIVE SELF-MESSAGES HELP CREATE HEALTHY SELF-ESTEEM



When Kartik makes a mistake in a drama class, he tells himself - I'll never be good at this.

When he doesn't get invited to a birthday party, he tells himself - No one will ever go out with me.

HIS NEGATIVE SELF-MESSAGES HELP CREATE UNHEALTHY SELF-ESTEEM

You have been telling yourself messages since you were a young child, although you weren't necessarily aware of them. As a young adult, you now have the ability to explore and pay attention to these self-messages. Then you can decide which to keep and which to let go of.

LET'S DO A SMALL EXERCISE:

What will you tell yourself when...

1) ... you fall off your bike?

.....

2) ... have a hard time learning a subject?

.....

3) ... were rejected by a friend?

.....

4) ... didn't get the ball through the basketball hoop?

.....

5) ... your parents shouted at you?

.....

6) ... when you were appreciated for what you have done?

.....

7) ... you made a mistake?

.....



ACTIVITY

Write five messages you will repeat to yourself to help create healthy self-esteem.

1.
2.
3.
4.
5.

Choose any of the following ways to send yourself these messages.



MIRROR



TEXT



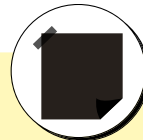
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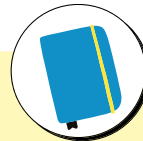
SOCIAL MEDIA



E-MAIL



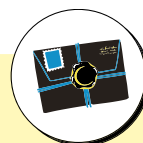
STICKY NOTE



DIARY



REEL



LETTER

CONCLUSION

Every human being who ever lived came into this world with value and worth. There has never been an exception. This includes you. There may be times when you believe you are flawed. You may think other people have value and worth but for some reason you don't. You may think that somewhere deep inside, you are just wrong.

It's hard to have healthy self-esteem when we believe so strongly in our defectiveness. A belief like these colors our outlook on everything—our relationships, our accomplishments, our activities—like a shadow constantly hovering over us.

There is no human being without value and worth. There are not two rooms in the hospital nursery—one for babies born with value and one for babies born worthless. We all arrive as miracles. It is only our thoughts that tell us otherwise. You are unique, original, the only one of its kind.

BRAIN TATTOOS

