



## The Voices of Your Safety-Self

Building on the theme we started last month, we're focusing this month on some of the voices the Safety Self uses in addition to the Judge voice. These are the source of the thoughts, fears and self-talk that keep you playing small. They keep you from taking the actions and expressing yourself in the ways that will create the business and life you're passionate about living.

Building this awareness is key for being able to interrupt the unproductive patterns of thinking, believing and behaving that no longer serve you. When you realize that you're in your mind and going down these well-worn paths, you can make a different choice.

All of this is nourishing different neural pathways in your brain to enhance your Wise Self perspective, and letting the old pathways fade. This makes those Safety Self responses less automatic and less frequent.

I recommend reading back through last month's content before going through this month's in order to refresh your memory on the Judge. It's the most common voice the Safety Self uses. It's also important to keep doing your regular practice(s) to keep building strong muscles.

### Other Voices

**The other voices that the Safety Self uses fall into several clearly defined "personalities" or archetypes.** I've been doing a program with some of my Leadership buddies that goes into detail with these. The program is called Positive Intelligence and was developed by Shirzad Charminé. He wrote a book by the same title, which I recommend if you're interested in going more deeply into the concepts.

While I love the program and value the amount of research Shirzad has done on it, I disagree with him on one point. Shirzad calls these thought patterns "Saboteurs". This carries the connotation of someone trying purposefully to ruin your life. It sets up a struggle dynamic, which only gives the pattern more power.

As you get further into the book/ program, Shirzad does a good job of saying that you need to not fight the Saboteurs, but there's still an element of yang "they need to be subdued" energy that I find counterproductive. That's why I'll keep referring to them as the Voices of your Safety Self.

All that said, he does a great job of describing each “personality” and showing specifically how it doesn’t serve you, even if it looks like it does in the short-term. Identifying which are most prevalent for you can really help you see your unproductive patterns.

**Your next step is to take the quiz on Shirzad’s site to determine your top three “Saboteurs”** in addition to the Judge. You can do that by going here: <https://assessment.positiveintelligence.com/saboteur/overview>

Once you complete the quiz, you’ll be shown you’re top three Voices (Saboteurs), along with descriptions of them and how they impact your life and relationships. You might not enjoy having what feels like your weaknesses pointed out. You might also be surprised that something that’s felt like a strength is shown to be a Safety Self voice.

It’s exciting to have a light shone on areas you weren’t aware of! This is a way of accessing more of your power. A way of becoming more mature and responsible in your life. Understanding when you’re acting from one of these points of view gives you the option of doing something different (DSD).

**In relationships, when we’re acting from a Safety Self POV (point of view), we typically trigger the other person’s Safety Self reaction.** And vice versa. When someone comes to us from their Safety Self POV (SSPOV?), our kneejerk reaction is often to come from our own. By being mindful, we can respond from our Wise Self (Shirzad calls this our Sage), and we stand a better chance of being met with the other person’s Wise Self.

If you haven’t already, go ahead and take the assessment. (<https://assessment.positiveintelligence.com/saboteur/overview>).

## Keep Up the Practice

Last month, you chose a practice to build your circuitry and strength. Your practice increases your connection to your Soulful Self/ Wise Self/ Sage so that you embody it more and more.

That word **embody** is very important. And this is a very key point:

***Your Soulful, Wise Self is who you truly are. It’s who and what you already are.***

You can never be disconnected from it. It’s not something you become or “get”. Like you don’t get “enlightened”. **This is the essence of who you are.** You can’t *not* be your enlightened, soulful self.

You can, however, be unaware of it. You can live in reaction and fear, living in your mind and not embodying your Soulful Self. You can make choices and take actions that go against what your soul is calling for.

**All you ever have to do to change that is to move into your body and stop reacting from your Safety Self perspective.** What you're literally doing is allowing your Soulful Self to come more fully into the body and to be in charge rather than the mind/ Safety Self running things. You just need to remember who you are and believe that you can do it. [This may sound like clicking your heels three times and saying "There's no place like home". The principle's the same, and it holds true.]

Your Safety Self lives in your mind. It's what your mind's been trained for. For years – even millennia. It's how your mind feels useful and validated. Now it's time for it to DSD.

## **Pattern Interrupts**

The keys to a pattern interrupt are:

- It breaks the old thoughts and behaviors, in particular what you say to yourself or someone else.
- It gets you more in your body and less in your head.

**When you're by yourself**, your interrupts can be things like shaking your body all over, running in place (or around the room), doing the Solar Plexus breath (from last month) and Power Posing.

**When you're around other people**, like in the midst of a conversation, and you realize you're in Safety Self mode, you can do something subtler to reconnect with your body. Putting a hand on your heart center can help you connect with your heart and your compassion. Rubbing two fingers together with such awareness that you feel the ridges on each of them will help you get more into your body. Doing the Solar Plexus breath or breathing up and down the Central Channel a few times can divert the flow of your thoughts. Box breathing a few times (inhale for four counts, hold for four, exhale for four, hold for four) can lower your heartrate and cortisol level, and clear your mind.

**The biggest thing to do when you realize you're in a Safety Self pattern is *not to judge it!*** The Safety Self believes it needs to be in control in order to protect you. It may get very subtle and/or very crafty. Judging yourself when you're in Safety mode keeps you in Safety mode! Judging the Judge is still the Judge being in charge of your thoughts and, therefore, your emotions. Not helpful for you, super effective for it.

**The antidote to the Safety Self is love and empathy.** Picturing yourself as a young child can make it much easier to be compassionate with yourself. How do you want that child you to be spoken to? *Speak that way to yourself.*

Keeping a photo of yourself as a child where you'll see it often, and sending love to that child each time you see the photo, will expand your capacity for self-love and empathy. Those will become well-worn pathways and easily accessible ways of being.

If you're judging someone, or feeling angry or frustrated with them, picturing them as *their* child-self (5 years old or younger) can help you have more compassion and empathy for them, too. It's kind of like picturing an audience in their underwear, but even better. This isn't just about being able to laugh or not find them scary, but also about building more loving connections. [I used this a *lot* at the polling station.]

**Remember, fighting only strengthens the Safety Self and confirms its belief that it isn't safe. The key to transformation is love. Keep coming back to the love that you are and express it to yourself and others. Keep opening your heart chakra. Clear mind, strong back, soft heart, kind words. [And remember, being clear and direct with your words is kind.]**

This is a deep, rich topic, so next month will be reviewing, deepening and integrating. If this feels like a lot, relax and breathe. Trust that you're getting what you need for right now, and that if you need more later, you'll get it then. This is a process, not a race. There will be no quiz. You're safe.

**Are you ready to explore this topic for yourself? Let's get started.**

*My 3 top Safety Self voices are:*

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*The one that interferes most with my highest priority (expanding my business, parenting, etc.) is:*

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*It interferes by:*

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*The common things it says are:*

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The **one** practice I'm going to do every day to build my strength and circuitry is:

- Power Posing** (which could include the Warrior poses from yoga)
- Central Channel breathing**
- Listening to Refuturing Process recordings**
- Meditation** (including a focus on feeling the energy of victorious warrior)
- Solar Plexus breathing**
- Other** \_\_\_\_\_

As you do the practice of your choice, feel or imagine that you feel strength and a bright light filling your body. You may experience them as pulsing, steady, increasing, warm, neutral, or something else. Whatever you feel, it's just right.

My go-to pattern interrupt when I'm by myself will be:

- Shaking my body (and bootie)**
- Running around the room or in place**
- Power posing** while declaring Choose Statements aloud
- Solar Plexus breathing**
- Central Channel breathing**
- Other** \_\_\_\_\_

As you do the practice of your choice, feel yourself coming more into your body. Feel yourself as the Soulful Self filling your body. Feel yourself as grounded, loving, strong and clear. Picture your child self if it helps you have more loving, compassionate thoughts.

My go-to pattern interrupt when I need to be more subtle will be:

- Putting a hand on my heart center** and connecting with my love and compassion
- Rubbing two fingers together** with such awareness that I feel the ridges on each of them
- Central Channel breathing**
- Solar Plexus breathing**
- Box breathing**
- Other** \_\_\_\_\_

As you do the practice of your choice, feel yourself coming more into your body. Feel yourself as the Soulful Self filling your body. Feel yourself as grounded, loving, strong and clear. Picture the other person as their child self if that's helpful.

*What excites me about these practices:*

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*What's possible for me with these practices:*

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*If I get off-track with these practices, I'll:*

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*When I put my attention on my body right now, I notice:*

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