

# HOW YOUR INTERNAL CONVERSATIONS IMPACT YOUR CHOICES AND YOUR LIFE

**A Workbook  
to Start You  
on Your Way  
to Mental  
Freedom**

By N.G. Abramson



# How Your Internal Conversations Impact Your Choices and Your Life

A Workbook to Start You on Your Way to Mental Freedom

By N.G. Abramson

© 2019 N.G. Abramson

The views expressed by the author are his alone. The purchaser or reader of this workbook assumes responsibility for the use of these materials and information. The author shall not be held liable to any party for any damages arising (whether directly or indirectly) from the use of these materials. Techniques and processes given in this workbook are not to be used in place of medical or other professional advice.

Furthermore, no part of this workbook may be reproduced or transmitted in any form, or by any means, electronic or mechanical, including photography, recording, or in any information storage or retrieval system without written permission from the author, except in the case of brief quotations embodied in articles and reviews.

# How Your Internal Conversations Impact Your Choices and Your Life:

## A Workbook to Start You on Your Way to Mental Freedom

In my book *You Can Choose Your Life: A Guide to Experiencing More Peace, Freedom, and Happiness Right Now*, I refer to internal conversations as anything you tell yourself and respond to. They include

- thoughts
- beliefs
- judgments
- stories

### But Why Are They So Important?

Your internal conversations shape your choices, and your choices shape your life. For example, let's say you accept a job making less than you believe you're worth. You do this because you have an internal conversation telling you that you shouldn't expect more and perhaps don't deserve more. So you end up taking a job that is not satisfying even though there are better jobs, which you are qualified for, that pay more.

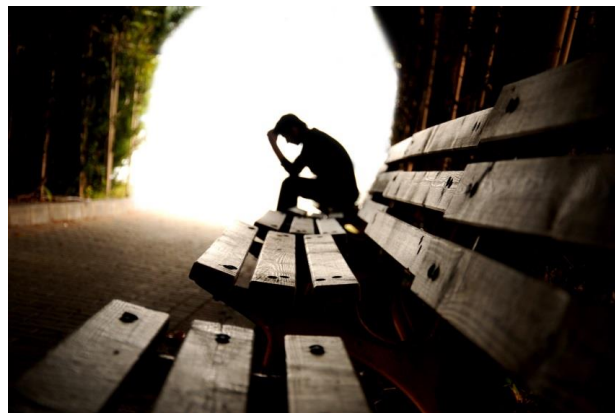
Here is a very short list of some of the choices you're internal conversations impact.

- Which jobs you take and which ones you don't
- Who you develop relationships with and who you don't
- Where you live and where you don't
- What you are willing to put up with in a friendship and what you're not
- And the list keeps going

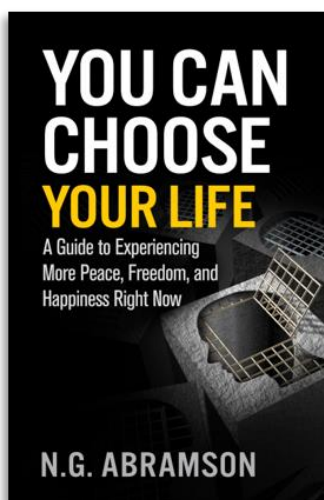
One way to improve your life is by taking responsibility for your internal conversations. But to do that, you first have to become aware of them. And this is not that easy to do, especially since most of our internal conversations are unconscious. But there are ways to become aware of them.

One way to become aware of them is by looking at your choices and asking yourself what was it you were telling yourself that prompted you to make the choices you did. Another way is to meet with a counselor or therapist.

What's most important is to acknowledge that you are telling yourself things and that they are impacting your life.



In Chapters 7 and 8 of my book, *You Can Choose Your Life: A Guide to Experiencing More Peace Freedom and Happiness Right Now*, I list a number of ways to become more aware and responsible for your internal conversations.



I strongly believe that it is only by becoming aware of your internal conversations and taking responsibility for them that you can do something about them. Until that time, you're operating unconsciously to a large degree.

To begin your own exploration into your internal conversations, start by focusing on an area of your life where feel stopped or limited. Now ask yourself what have you been saying to yourself that would cause you to be stopped or limited in this area.

Yes, there may be a number of other things that are also stopping and limiting you in this area, but for this exercise focus on one of your internal conversations. It may take some courage to admit that you have internal conversations that have been getting in your way. But you have that courage. And don't feel embarrassed admitting that you have disempowering internal conversations, because we all have them. Every one of us has internal conversations we've inherited from those around us that shape our choices and impact our lives.











It's important to recognize that one of the reasons our internal conversations have so much power over us is because we believe what they tell us as if it's the truth. But it's not.

Recognizing this in relation to your own internal conversations is one way to break the grip that they have over your life. But to do that, you first have to recognize your internal conversations as internal conversations and get clear about the impact they've been having on your choices and your life. Then and only then will you have the power to take responsibility for the past and begin creating a new future for yourself.



If you got value from this workbook and would like to find out more about my book and other free gifts, please go to [www.YouCanChooseYourLife.com](http://www.YouCanChooseYourLife.com)