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Can we start with you helping me with a strong title for this podcast episode considering my audience and that it is being posted dec 29 Also, can you help me with a hook to record at the front? I am also releasing this episode 4 days late - not sure if I should speak to this in the hook Hey, my friend, I am super excited to share this episode with you. Today we're gonna be talking about your self concept. This episode is going to be released on Christmas Day, and I think that this is a gift that I can give to anyone listening. So it's beautiful day to talk about this particular topic, your self concept. Uh, what it really means is, is your identity. You know how you see yourself, but a lot of times what people will say to me is that it's how other people see you. But the reality is it's, it's how you choose, and I use that word intentionally, how to ch how you choose to see yourself, and more specifically, your concept. Your identity is the thoughts that you think about yourself. It is the beliefs that you have about yourself. Now, a lot of the thoughts and beliefs you have about yourself are planted by others. They are planted by where we grow up, the society that we are raised in, our parents, our teachers, our peers, our coaches. Our self-concept is built from these other adults when we're young. Because we don't really have a self-concept yet. We don't know who we are, we don't know what we're capable of. We don't know how to see ourselves. I think about, you know, what was going on for me and my self-concept, and I wanna give you a couple to offer just a little bit of color here, right? So one that comes up for me is that I had a ballet teacher, a ballet teacher. Tell my mom when I was doing preliminary ba ballet, so I was like five, right? Um, told her that I should pick a different activity after she failed me in preliminary ballet. That I was never gonna be a dancer. And guess what? I'm 49 and it's a thought that still comes up for me. That I can't do that kind of dance, that I'm not flexible, that I'm not graceful. This still lives inside my brain as something that's an option, right? Another example is when I was in high school. When I was in high school, I was severely bullied because in all honesty, how my verbal processing shows up for others. Um, also for how my inability to express, also for how my inability to experience emotions like frustration in a safe way caused me to act. This is where the bullying would come from. It was socially unacceptable. And so when I think that about myself that I'm socially unacceptable, that I can't experience emotions in a safe way when I believe those things. I find myself being hypervigilant of how other people see me. But I'm going to tell you something about all of this, that these are all just thoughts. These are all just thoughts and not facts, and a lot of my clients. And a lot of my people around me share thoughts about themselves that they believe are facts when indeed they are not facts, they are thoughts. When we think thoughts like this, when I think the thoughts that I've offered here that are offered to me in my own brain, I feel sad. I feel rejected. I feel embarrassed, and I feel ashamed. Which makes me wanna be small and shrink and causes me to scroll my phone and not even really know why I'm there. At the end of the day, we have hundreds of thoughts about ourselves that define us. I can't believe it. But they are thoughts, not facts. And we have to start here because the core of creating a life that you wanna be living is learning how to release thoughts and learning how to create new ones. Now, when I am helping somebody with this, a lot of times they'll ask me. How to think the thoughts and also what thought they should be asking or what shot, what thought they should be thinking. But those are the wrong questions. Instead, we wanna ask better questions of ourselves. So when we notice that we have a thought that we believe to be true, we want to ask ourselves, who would I be? If I didn't think this thought, who would I be? If I didn't think the way that I processed emotion was a problem? Who would I be if I didn't think that the way I processed emotion was a problem? Who would I be? How would I treat others? How would I treat myself? What would I do that I currently hold myself back from doing? What would I try. How would I be with other people if I didn't have the thought that ballet was not something I could do? I would sign up for a class because I've always been drawn to it. I would go once a week and it would help my figure skating. I would be engaged. I would be excited if I didn't have the thought, the verbal processing, my emotions was wrong. I would have compassion for myself. I would give myself a break. I would just say it like a fact to others and they would have more context and I would be able to move freely through my life, not carrying, not carrying around the extra weight of guilt and shame. When you ask yourself these questions, they offer a picture of a life where you are free from the jail of your current self concept. Imagine what your life could be like if you were free to think whatever you wanted about you. Now when