

EXERCISE

To discover how you talk to yourself, spend today noticing everything you say to yourself. Write some of it down, if you can. Catch yourself every time you're having a mental conversation with yourself, whether it is in the bathroom, on the way to work, when walking upstairs, while cooking a meal or when doing the washing up.

- * What tone of voice do you use?
- * How frequently do you use critical words or phrases?
- * How often do you tell yourself that you should have done something better?
- * How often do you boss yourself about?
- * Do you ever use praise, kind words or a soft tone towards yourself?

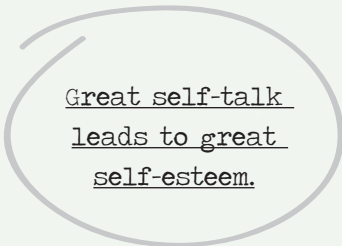
The chances are that you've found you're pretty tough on yourself. Most people are critical towards themselves 90 per cent of the time. And that's no fun, is it?

If you want to attract a wonderful relationship into your life, it's time to begin being nice to yourself. The way you talk to yourself is the most important way you can do that. Once you are kind, supportive and understanding towards yourself, you'll be amazed by how quickly you start to feel good about who and what you are. When you feel good about yourself, you smile more and you become instantly more confident and attractive, so that other people will be drawn to you like a magnet.

Here's how to begin talking to yourself in an encouraging way:

- * Catch yourself every time you're saying something nasty, bossy or critical to yourself.

- * Replace what you're saying with something else that is appreciative, kind and understanding.
- * Praise yourself for everything you do well during the day, even little things such as getting to work on time or eating something healthy.
- * Smile at yourself every time you pass a mirror.
- * Before you go to sleep at night, list all your good points and achievements.



Great self-talk
leads to great
self-esteem.

STEP NINE: BACKING YOURSELF

This is the day when all the work you've done so far comes together and you decide that from now on you will back yourself, in every possible way, in finding the relationship you truly want.

All too often we don't really back ourselves at all. We criticize and undermine ourselves and forget to give ourselves support, understanding or a pat on the back when we do well. From now on, however, you're going to be someone who supports herself through thick and thin, who hangs on in there when the going gets tough and who never lets herself down.

How do you back yourself 100 per cent? By taking these steps:

- * Always be your own cheerleader.
- * Support yourself in the decisions you make and stand up for yourself when others try to put you down.
- * Listen to yourself.