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Member Resource

Title:	Attack Thoughts
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Email Address:	jbguarino@gmail.com
Type of Activity or Resource:	Verbal activity
Objective:	To enhance awareness of the effects of inner language
Recommended Age Group:	8-adult
Materials Needed:	Handout 4.A
Time:	30 mins

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Strategy 4 Attack Thoughts

Objective(s):

To enhance the participants' awareness of the effects of the inner language with which they speak to themselves.

Age:

Eight to adults

Procedure:

1. Distribute Handout 4.A entitled, "Attack Thoughts" [page 23]. Go over it with the participants and respond to any questions they may raise.
2. Tell the participants that they will be asked to sit still, with their eyes closed for the purpose of observing their thoughts. Tell them to practice following any guilt, worry, anger, or ANY negative thoughts about themselves or someone else by mentally saying, "I am attacking me." Allow the participants about 1 to 2 minutes to sit still with their eyes closed and then softly ask them to slowly open their eyes.
3. Ask the participants to make a conscious effort to practice saying, "I am attacking me" throughout the day whenever they think negative thoughts about themselves or someone else. Be sure to tell them that, with enough practice, they will think fewer and fewer negative thoughts and begin to feel better about themselves.
4. Suggested questions for processing:
 - A. How did it feel to mentally say, "I am attacking me" after each negative thought?
 - B. Why is it suggested that you repeat that phrase after thinking something negative about someone else? How could a negative thought about someone else be an attack on me?
 - C. What are some of the attack thoughts that you think most often? Why do you talk to yourself that way?

Handout 4.A Attack Thoughts

Any thought that is based on fear, hostility, guilt, or a self-putdown may be referred to as an attack thought. Whether it is directed toward another person or toward yourself does not matter. The thought will affect the person who is thinking it. To continually allow these thoughts is to attack yourself and, ultimately, to destroy your self-esteem. When you catch yourself thinking an attack thought, say the following statement to yourself, "I am attacking me."

Example: I must be pretty stupid.
"I am attacking me."
I sure am unattractive.
"I am attacking me."
That kid sure is a fool.
"I am attacking me."

Remember, what you think you are is what you will become!

If you think you are
Beaten, you are!
If you think you
Dare not, you don't.
If you think you'll
Lose, you've lost.
For out of the
World you find
Success begins with
A fellow's will
It's all in the State of Mind.
Anonymous