

10 WAYS TO FIND

the TRUTH *in*
you

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1 AUTHENTICITY

It isn't always easy to speak our truth because we're often affected by the world around us. We are not here to please or need the approval of others, because we want them to like us. We can't always understand what's in someone else's head, so we need to truthfully distinguish our own identity. To be authentic in our behavior is to be aware that we can make conscious choices and do what we have to do. We need to realize that we make better choices when we don't ponder or take apart every decision. Authentic interaction is much easier when we give ourselves permission to be free in our expression, while we trust our inner experience to guide our behavior.

2 CONNECT, DON'T DISSECT

We often connect with humans on a surface level. It seems easier. As I coach, I say to my clients, "Dig Deeper"! If you choose to truthfully connect, it usually involves the human heart. Most of us tend to protect our hearts from pain or rejection. Therefore, we begin to dissect most things that happen to us as a form of control. If we dissect everything we hear or learn, we lose our power to listen and observe. Connection is about trusting your instincts, and dissection is about questioning those instincts. When we question our instincts, we lose clarity of what's true. If we can believe that more connection, rather than dissection, can be a gift we give to ourselves, we will live happier lives.

3 OVERCOMING FEAR

Overcoming fear is our life's work. It's not instant or automatic. We need to believe that we can do it. Fear stands in the way of our greatest potential. Based on my experience, those who choose to play it safe over taking a risk are choosing a familiar hell over an unfamiliar heaven. Consequently, we end up choosing a job that we do not like and a relationship that's based on hidden fear and a lack of communication. Most of our experience in life relates to the depth of our perception. When we look at things realistically, adding a bit of objectivity, we can be true to ourselves and put emotions aside, giving us the courage to take that next important step. Shakespeare said it best, "Our doubts our traitors, and make us lose the good we oft might win by fearing to attempt". Self doubt is like a disease. It can take away all the happy thoughts and feelings you may have. It can kill your dreams. Fear is a lie that convinces us to think it's real.

4 DON'T ALWAYS LISTEN TO THE VOICE IN YOUR HEAD

Most people hear voices in their heads, especially at bedtime. The bedtime voices might say, 'Don't forget to write that memo tomorrow' or 'Don't forget to call the doctor'. I am not talking about these types of voices. I'm talking about what I call, "Mind Spinning"! Thinking, thinking, thinking all of the time. Perhaps, you may decide that you have an overactive imagination, and that's possible, but it's really about creating illusion, rather than reality. Mind spinning gets you into trouble. It tends to cause needless worry and anxiety. It diminishes your natural spirit and enthusiasm. You never relax! It's all part of the habitual, familiar drama that cages us from real connection and love. It's not always easy to decide what's normal spinning or what's not. What's normal is based on truth and what's not is based on a lie. If we stay true to ourselves, we spin less. If we have a powerful sense of self, we spin less. If we do not take everything personally, we spin less. I offer Catch Yourself Exercises that are designed to create the awareness that will stop this often exhausting spin cycle.

5 RECOGNIZE YOUR INNER GIFTS

As a coach I find that a large percentage of my clients do not recognize their inner gifts. Often times, they don't think they have any. They decide that it's better to concentrate on their limitations instead of recognizing the good, strong traits they have within them. I then remind them "It's not who you are that holds you back, it's who you think you're not. Success comes in cans, not cans." In our sessions, I pose a variety of questions to ignite awareness of my clients' inner gifts. The first and most important is: What ARE inner gifts? The answer: When you love something you're doing, it's a sign of an inner gift. When your heart begins to sing, you know you're on to a great discovery. Recognizing and believing in your inner gifts leads you to your fullest potential and your ultimate life's purpose. Knowing that you can accomplish what you want to do by understanding who you are helps you to stop getting in your own way.

6 DON'T BELIEVE THE CRITIC IN YOU

Each time your inner critic attacks, it harms you psychologically. The cost of listening and believing in it can be huge. Falling prey to your inner critic diminishes your sense of worth and deservedness. It's hard to feel happy and competent in your world. To stop the critic, you must first recognize it. The best way to detect it has taken over is when you begin to feel stressed, nervous and full of anxiety. Its purpose is to never allow you to feel good enough. It's up to you to disarm or unmask it. Take a deep breath and speak to it. One of things you can say is, "I can't listen to you, because I choose to feel okay just as I am" or "I can't listen to you because you want to be perfect ALL THE TIME". Many times your inner critic is modeling what your parents have told you. As children, we believe what our parents say, but they're not always right. I have developed exercises that help my clients stand up to their critic. The key is to help them learn how to develop their worth by loving and believing in themselves. We are agreeing with our critic when we believe the illusion we're not okay. Ask yourself, what does listening to my critic do for me. It gives me low self-esteem. It enhances my fear. It increases my anxiety and helps me build self-protective walls. Take off the mask of the inner critic and you'll find a frightened child who wants to be loved.

7 BELIEVING IN YOURSELF

The author, Norman Vincent Peale was a lot older than me when he said, “Throw back the shoulders, let the heart sing, let the eyes flash, let the mind be lifted up, look inward and say to yourself, NOTHING IS IMPOSSIBLE!” I teach my clients to have a similar mantra when they refuse to believe in themselves. It sounds simple to think that it’s easy to believe in yourself, but most of them know that it’s not. Based on my experience with clients, criticizing themselves takes the place of believing in themselves. Subsequently, they stand in their own way of doing what they love. I tell them that the path to success is embracing our natural given traits and characteristics. Believing in ourselves does not come from always being right, it comes from not fearing to be wrong. If we make the effort, take a risk, and accept and learn from our mistakes, we cannot fail. It takes courage to want to go the distance in order to understand yourself. As Socrates said, “a life unexamined is not worth living”. As a coach or when I speak professionally, if I can inspire my audience to walk away with tools to help them believe in themselves, I’ve done my job. If we truthfully believe in our talents and gifts no one can have the power to reject us. If we place a small value on ourselves, rest assured that the world will not raise our price.

8 SELF AWARENESS

No one can argue that self-awareness is the most fundamental issue in life. What do people see when they look in the mirror? Do they like what they see? Are they critical of what they see? Do they know what they see? One cannot always determine the age of when self-awareness comes alive. It starts from what others in the world, our family, friends and society project upon us to be, not who we really are. We cheat ourselves when we operate through those definitions. Self-awareness is blocked by fear and the inner critic. When we work on diminishing the fear, self-awareness naturally becomes the leader. I ask my clients. Can you recognize your strengths and accept your limitations? Most of them answer, I have a difficult time accepting my limitations. That’s where the work begins. The torch of self-awareness burns the brightest when you’re doing what you love. So, the first thing is to become aware of the self-destructive patterns that hold you back from what you love. Once you can openly welcome and accept your true existence, your spirit will soar. It is the simple discovery that we are all a part of something bigger, and our individual purpose is just a contribution to the whole. So what is self-awareness? It is defining for yourself exactly what that purpose is. See yourself in a positive light, and the world will embrace you!

9 COURAGE

Courage is truly the most important of all virtues, because without it we can't practice any other virtues consistently. Are we able to confront fear, pain, danger, the unknown or intimidation without courage? Winston Churchill said, "Courage is rightly esteemed the first of human qualities...because it is the quality that guarantees all others." Courage is being able to stand up for yourself no matter the consequence. I find that standing up for yourself is different than standing up for what's right. My experience dictates that a person can be extremely successful and courageous professionally, but have little or no courage on a personal level. People who have a strong zest for life, a great amount of energy and an honest integrity are comfortable with courage. Psychologically, courage is more than just telling the truth. It involves taking the risk of losing what might be most dear to you, friends, family, community, but if you take the leap for yourself, you can be sure that the net will appear.

10 FOLLOW YOUR BLISS

Some of us start young...Some of us can be middle aged...Some of us can even be older and still have the ability to follow their special bliss. If you go against what you love and always do what's safe, you may lose the opportunity to manifest the truth in you. We may not all be the 'man of la mancha' who wants to slay windmills or catch a falling star, but we can have the courage to say "where do I start?". We can make our dreams come true by discovering what draws us like a magnet or what makes our heart sing. People can help and guide us, but we need to depend on our own inner courage. I say to my clients, "Get into the drivers seat, and translate your ideas into action". It feels good to follow your bliss. It's an accomplishment that takes fortitude, overcoming resistance, and practice, but it's worth it! You might have known what your bliss was at a young age and did not believe in yourself or follow through, but I say it's never too late to start what you thought was finished. My job is to give my clients the tools to rediscover their bliss and finally live their truth, and many of them do just that. You need determination and perseverance in order to find your special place in the sun. I love to see the smile on my clients faces when their own efforts and special energy help them to get what they want.

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Guiding TRUTH Discovery & Journey