

Evaluating If Your Thoughts, Feelings And Actions Are Congruent With What You Value



If you are not comfortable with the way you are thinking (self-talk), feeling (emotions), doing (actions and behaviours) or you know they are not compatible or congruent with your beliefs and values then you might want to do something to change them. First of all you need to establish what is going on.

1. Set a timer for every 15 minutes and each time it sounds record your self talk (thoughts), actions/re-actions, and how you are feeling (emotions). Do this for 2 full working days and one full non-working day. If you are “reacting” to a stimulus, describe the stimulus in detail. If you are “re-acting” to a person, describe their communication, to your “re-action”, and their response to your “re-action”.
2. Evaluate your self talk and actions/re-actions on a scale of 1 to 10, for congruency with your innate values (unconditional love of self and others, optimism, honesty etc.). You can determine these using our “Identifying and Living By Your Personal Values” hand out. Evaluate any “re-actions” of others on a scale of 1 to 10 based on a congruent desired outcome. In other words did you elicit a positive or negative response from the person you communicated with? This is how you can determine the effectiveness of your interpersonal communication skills – by the response of others.
3. For the instances of in-congruency, describe in detail the self talk and actions/re-actions of yourself in those situations that would have represented congruency.
4. Replay those instances in your mind visualising yourself choosing to think and act/re-act congruently. For the instances of re-action, visualise the stimulus, the gap which includes your chosen internal dialogue about the stimulus and your chosen re-action. Describe the feelings associated with thinking and acting congruently and compare this to the feelings and emotions experienced when you thought and acted incongruently. Do this 10 times for each instance.



5. Every time you have a negative emotion, evaluate your self talk and actions for congruency and replace any incongruent self talk and actions with congruent self talk and actions. Repeat 10 times. To learn how to formulate some useful positive affirmations for yourself check out our “Congruent Belief System & Self Talk Affirmation Exercise”.

It is often effective to activate a ‘switch’ each time you catch yourself thinking or acting incongruently. Snapping an elastic band on your wrist, closing your eyes and taking a deep breath or counting to 10 in your head are all effective strategies. Don’t use obvious switches when in conversation with someone.

