

Unlock Your Inner Badass

FORGE A HEROIC INNER VOICE



By Taylor Stotler, LCSW

WHAT WE'RE GOING TO ACCOMPLISH:

We've heard about Jiminy Cricket, the devil and angel on your shoulder, or even your inner critic. Too often we are intimately familiar with our inner critic, and let's just put it out there: they're a bit of a bitch.

But inside each of us, we have an inner badass. I know you may be reading this thinking "yeah...no" but I promise they're in there, they're just waiting for you to cultivate them. Your "inner bitch" has been reinforced repeatedly over the course of years, most likely, it's going to take us some time to get your badass voice just as strong.

One thing I have known many of my clients to come up against in this process is the fact that the badass voice doesn't feel nearly as true as the other voice. Because of this, this guide doesn't focus on you hearing your own voice but instead using an identified character to help you hear them. Sometimes when we doubt ourselves, it's so much easier to trust someone else's voice inside us.

Let's get you feeling confident, courageous, and bold while maintaining your authentic self.

THE SCIENCE BEHIND IT ALL

Parasocial relationships are one-sided relationships. They're often spoken about in regards to celebrities but we also create them with characters from things like TV shows, movies, books, and video games. If you've ever cried over a character's death, you've had a parasocial relationship. You connected to that character and even if you've never met them, your brain truly believes the emotions and feelings you experience when you take in information about this person.

Your brain doesn't know the difference between imagined things and reality. Just the thought of a public speaking can make our heart pound, the picture in our head of seeing a crush can elicit butterflies, and a story we tell ourselves can create intense anger. This is why we jump in scary movies: our brain doesn't realize we aren't ACTUALLY being hunted by a monster.

You can use this to your advantage by cultivating this inner badass voice. How you talk to yourself has major impacts on how you feel because of this mind, body, and emotional connection. You can make yourself feel more happy, confident, courageous, and powerful simply by changing your thinking.

Sound too good to be true? Let's get started and you can try it out for yourself. All I ask is that you give it a solid effort and do your best to suspend any disbelief you have, just for a few moments. You can do this, let's kick ass together.

HOW TO DO IT

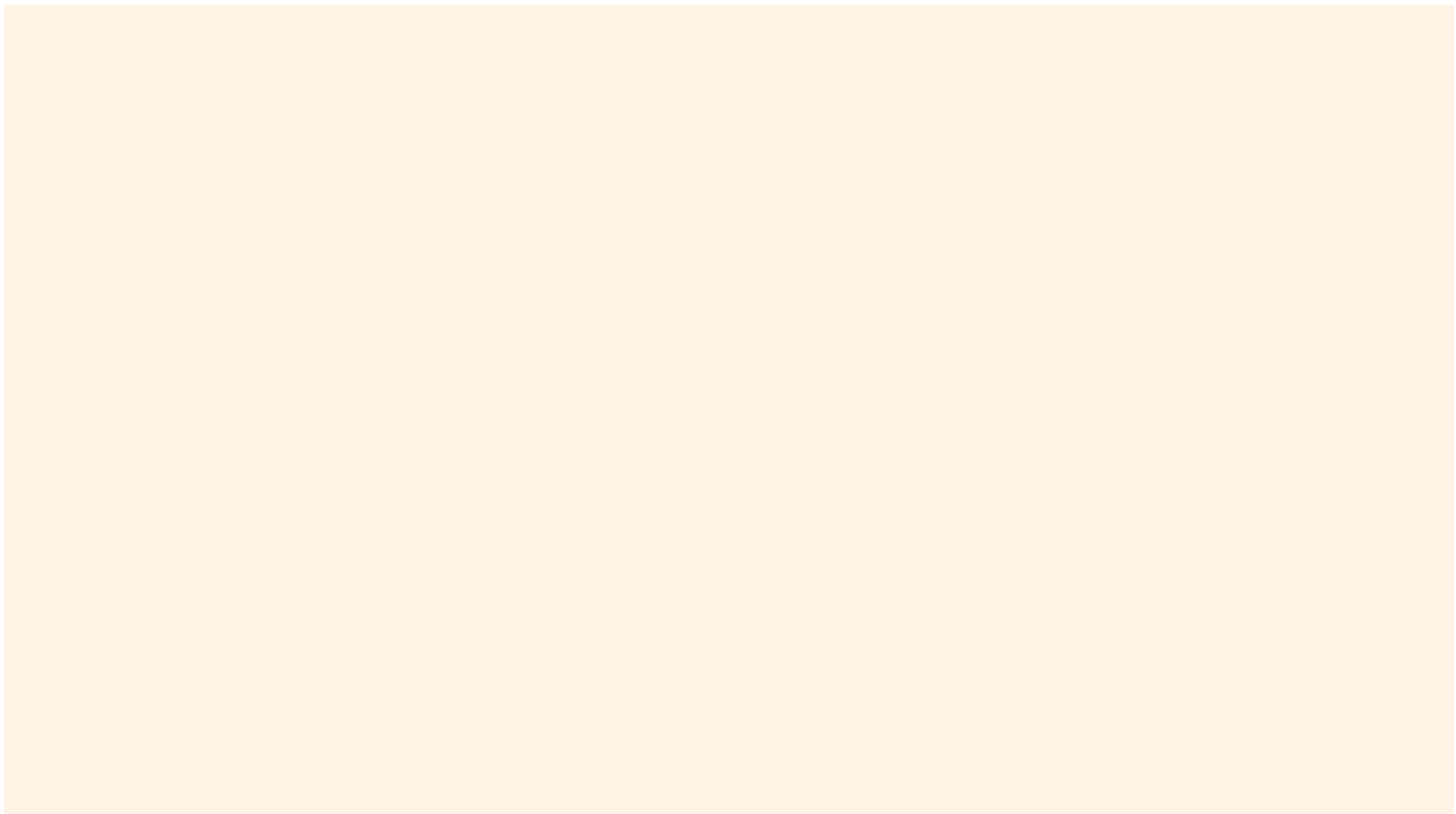
Fill these sections out in as much detail as you possibly can, the more information you give to yourself, the more effective this exercise is going to be.

Where am I at right now physically/mentally/emotionally? How is my confidence? My mood? My self-esteem? Am I making choices that are just comfortable, ones that make me very insecure/unhappy, or a mix?

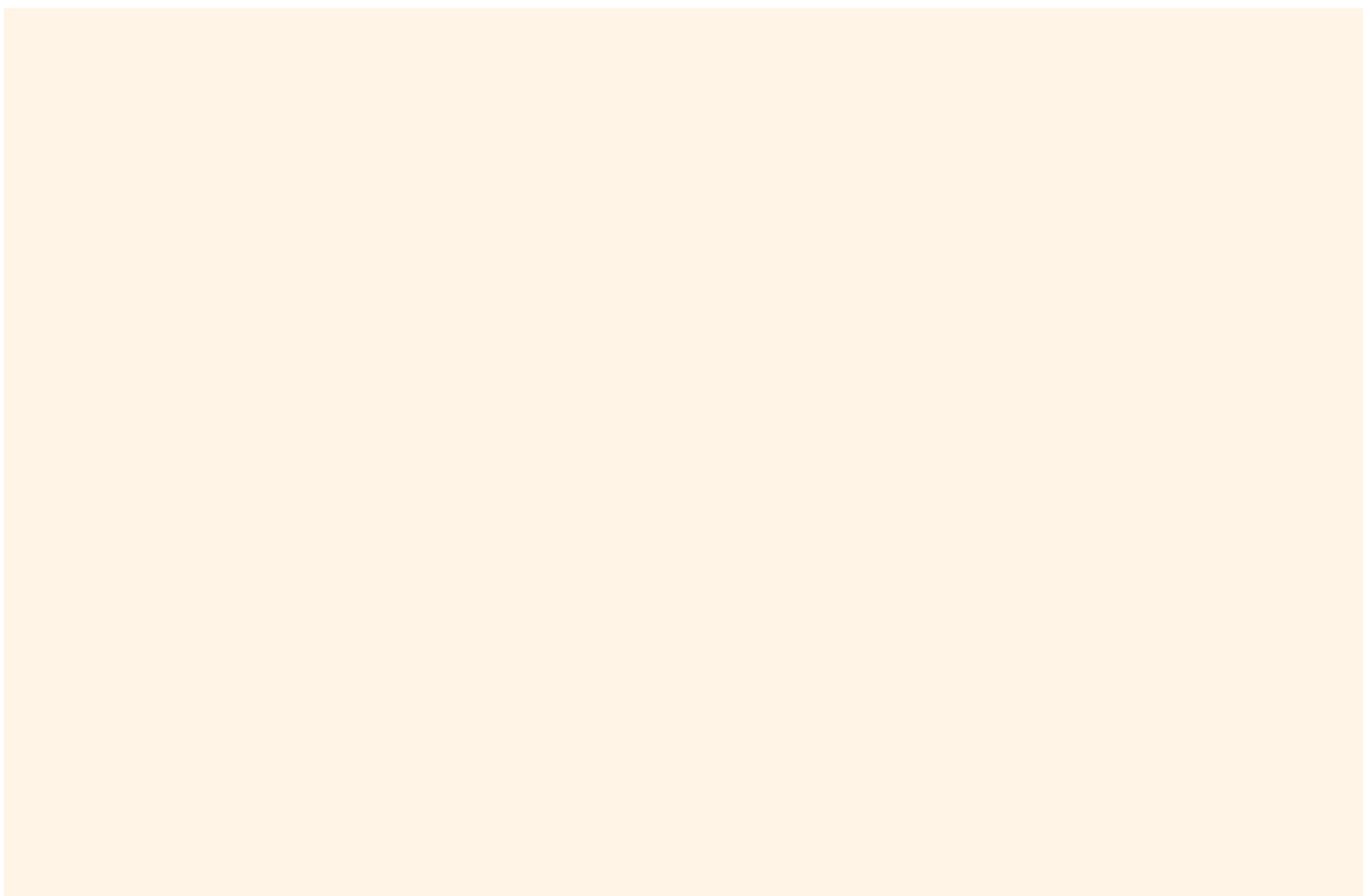
If a miracle happened overnight and I was able to embody all of the qualities I wanted, what would be different? How do I wish I would feel and act?

Who is the number 1 character (a hero/protagonist, an anti-hero, side character, or even a villain) I love or feel drawn to who embodies some or all of the characteristics I just named?

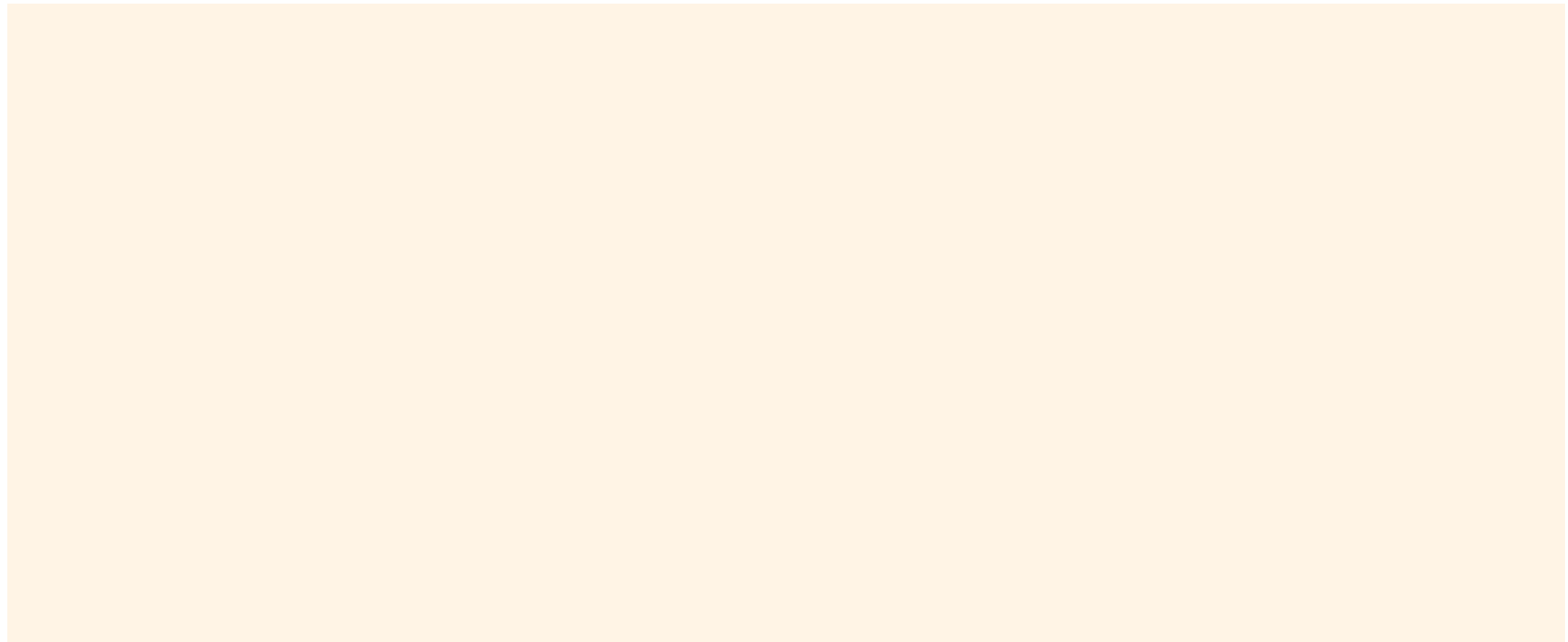
When I come up against challenges and begin to feel stuck, what does my inner voice usually say to me? How do I usually feel?



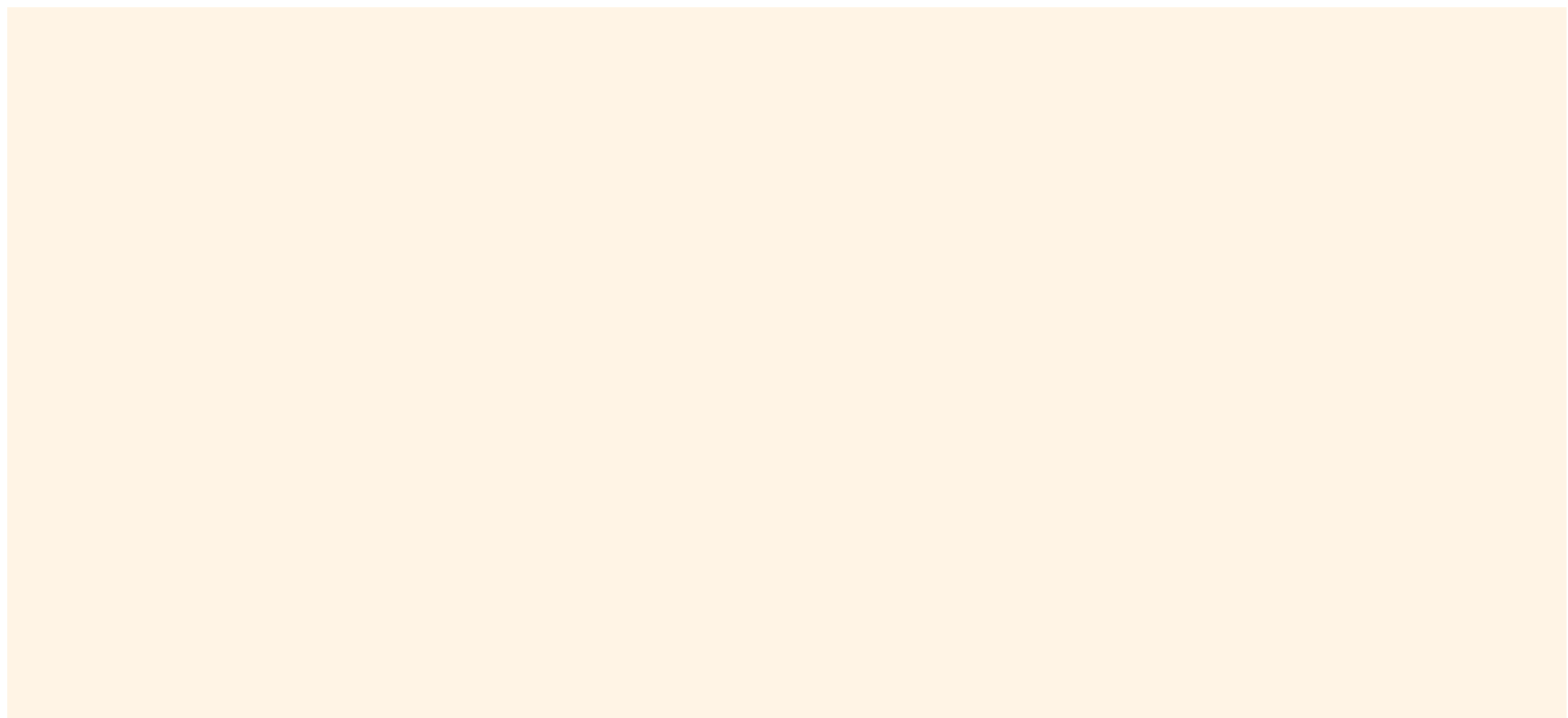
What would my identified character say instead? Can I hear their voice? Feel what they might feel? Know the actions they would take?



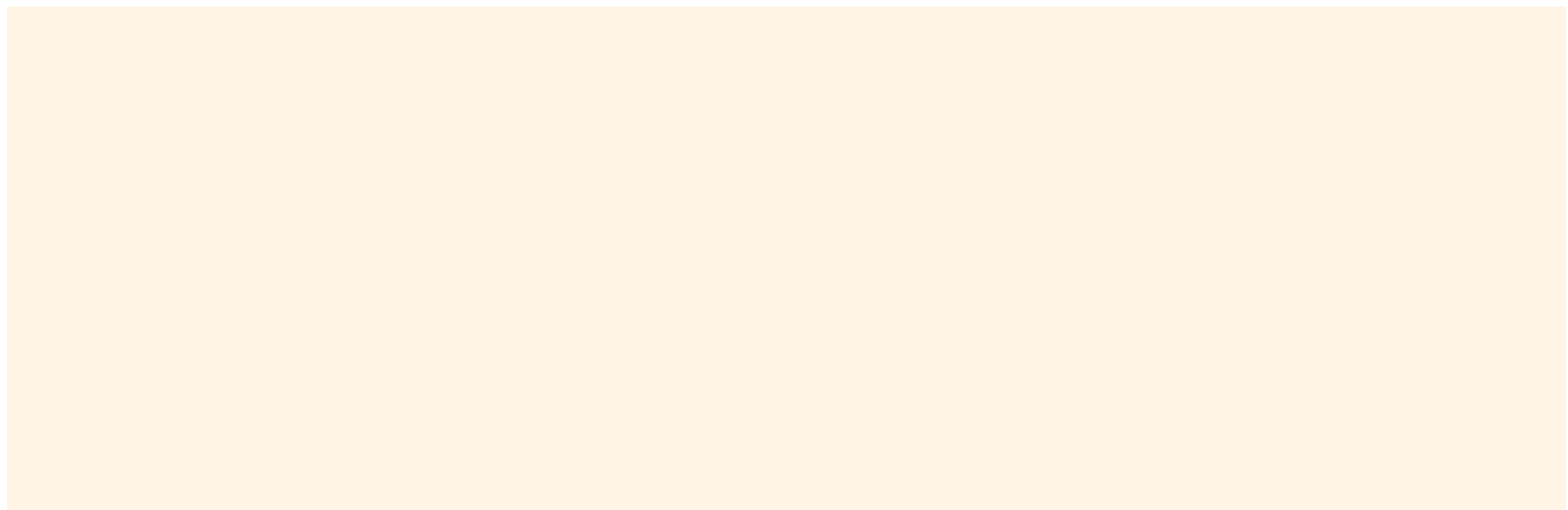
Take that character in, notice your stance/body language- does it embody your less-supportive self or your character? Change it, mimic it, feel it (even if only in the mirror)



Spend a few moments really tuning into that character. Think about how they may tackle some of the challenges you're coming up against.



How do I feel now?



EXAMPLE CHARACTER QUALITIES & QUOTES

Deadpool

Loyal

Willing to be unapologetically himself
Resilient and keeps going despite trauma

Funny

"Maximum effort"

"Ugh, stupid, stupid. Worth it!"

"I didn't ask to be super, and I'm no hero. But when you find out your worst enemy is after your best girl, the time has come to be a fucking superhero."

Samantha (Sex In The City)

Owens her sexuality and things she likes

Fights for her friends

Embarrassment and shame is low af

Powerful in her own way

"I will not be judged by you or society"

"I am fifty fucking two and I will rock this dress"

"If I worried what every bitch in New York was saying about me, I'd never leave the house"

Aragorn

"There is always hope"

"It is not this day"

"You bow to no one"

Loyal, strong, and willing to grow/challenge doubts

WHAT NEXT?

Whenever you are feeling doubt, fear, insecurity, meek or small, get in tune with your character. Allow them to lend you their strength. You are a team and they are always there to support you. Put them on like you might a cloak or a coat of armor.

The more we do this, the more our brain buys into this mode of thinking. The more consistent you are at it, the more easily it will come!

Many people struggle with reminding themselves to do this. You can add it to your morning or night time routine, put sticky notes with quotes from these people or little clues to remind yourself of them on your fridge, mirror, laptop, or planner

Periodically, check in to see if that's voice still works for you or if you need to change to a new voice. Perhaps in certain situations, a different character would be a better fit. Make it your own and adapt as needed!



DISCLAIMERS!

This book is NOT intended to replace therapy or seeking professional mental health care. This is not meant as an end all be all kind of book that "cures" any mental health concern. This book is simply a resource for quickly accessing some skills that may assist in feeling better. If you are experiencing an emergency please call 911. If you are having thoughts of suicide please locate a mental health professional to speak with, call 911, or head to your local emergency room. You can also access the National Suicide Prevention Hotline at:

USA: 1-800-273-8255

Canada: 1-833-456-4566 or text 45645

For Other Countries Please Reference:

<http://www.suicide.org/international-suicide-hotlines.html>

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