

Mastering Communication

A Self-Empowering Guide To A Fulfilling Life

by Sheila Radha Conrad

You've heard the saying, "It's all about me." That is exactly right. Your relationship with yourself is the most important one in your life. Especially in communication. How you talk to yourself and what you say strongly shapes how you present yourself. Those inner dialogs become you in the outer world. People react to how they sense you feel about yourself along with anything you say.

"I would never think of standing up to my boss or correcting my husband. I'm a little shy around them and I'm afraid they'll blow up. But, I get so mad at their superior attitude, especially when I am right." That is someone's inner voice at work. It guarantees a communication breakdown and creates a roadblock to this person getting what she wants.

Listen to yourself. Are you being your best friend or your worst enemy, the choice is yours. As long as you are feeling sorry for yourself you have a good excuse for staying stuck. You can find fault and blame someone else for making you angry. You get to avoid looking at your inner thoughts and making some changes in your attitudes.

Taking responsibility for what goes on in your head is a step toward freedom. Pay attention and you can learn to set aside that inner judge, then accept and love yourself exactly as you are. Being the real you leads to open and honest communication. As you develop a positive inner dialogue, you can give up your negative judgments about yourself. You can be assertive and communicate clearly without anxiety. You can feel worthy of having positive and supportive relationships with the people in your life.

Try putting that same skill to work when listening to others by making sure you hear what is truly being said. Feed it back. "What I heard you say is..." When you accept the other person and can confidently admit your own mistakes, a dialog can begin. You will be able to listen to the message beyond the words. Communications skills are the key to getting along with other people.

What makes these ideas work is not just reading them or understanding them. They work when you act on them in your daily life, over and over. They become who you are. When you can hear your inner dialogue clearly, you can quiet your mind and open your self to a new and exciting way of communicating. You will also find a renewed appreciation of yourself as a warm and caring person. How do you get started? Make the choice to be in charge of your communications. Then try to re-imagine a situation you found challenging. Slow your thoughts down and look within for guidance as to how you can change your words to make it work out for the better. Rehearse the situation again until you feel confident you can handle it comfortably. Next time the situation arises, allow

response to happen naturally. Your results will be much closer to your desires. This is just one of many simple exercises that can lead to insights, the release of limitations and a positive change in energy and understanding.

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From her book, "Self Recognition", counselor and trainer, Sheila Radha Conrad offers free Life Mastery Skills exercises on her web site at <http://www.lifemasteryskills.com>