

THE IMPORTANCE OF OUR “INNER WORLD”

1. One of the main aims in life is to...
Know yourself.
Accept yourself
Like yourself.
2. There is an internal world (everything inside us) and an external world (everything outside us), each is very real.
3. What happens in our internal world determines our attitudes, thoughts, feelings, beliefs and actions towards the external world.
4. Our internal world is constantly sending us “messages” in the form of...
THOUGHTS
FEELINGS
INTUITION
IMAGINED PICTURES
SELF TALK (WHAT WE TELL OURSELVES)
METAPHORS
SYMBOLS
5. It is very important that these messages are---
ACCURATE
UP TO DATE
HELPFUL
6. Many psychological symptoms are the result of internal messages being inaccurate, out of date or unhelpful.
7. One of the aims of therapy is to improve internal messages so they are giving appropriate information.