

## Week 11 Practice

This week, we are going to start choosing which reviews to listen to.

Now that we have become more aware of the voice of shame *within* us, we want to start discerning the voices of shame *around* us. Let's begin by identifying one voice around you that triggers the voice of shame within you. This voice might speak in any form. You might hear it in magazine covers featuring bodies you will never have. It might be the voice of friends who subtly use you to feel better about themselves. It might be the voice of bosses or coworkers or parents or spouses. It might be the voices in your Facebook feed which, post by post, unintentionally imply that everyone else has a happier life than you do.

Now, for a week, if you can, eliminate this voice from your life or from your heart—stay off of Facebook for instance, or throw away all your magazines. However, if you *must* hear the voice—for instance, if you cannot avoid a boss or a spouse—choose not to *listen* to it. This, of course, is far easier said than done. Here are some options:

1. *Imagine picking up a remote control and pressing the mute button. Or imagine picking up a set of headphones and placing them over your ears to block out the voice.*

2. *If the voice isn't coming from a person but from a magazine or a hurtful email or a trolling comment on the internet, for instance, imagine a whiteboard with the message written on it, and visualize yourself simply wiping it away.*

3. *Visualize your heart as an open bucket. If someone tries to insert something you don't want your heart, picture yourself quietly putting a lid on the bucket.*

Whatever method you choose, in the silence created by the muting of the voices of shame around you, in the coming weeks, you will begin to listen for another voice within you—the voice that reminds you that you are anything but a monster.