

With over 60,000 thoughts passing through the tunnel of our minds each day, it is nearly impossible to navigate our heart and tongue away from speaking a negative thought. I can't do'sim is the result of negative thinking. In the pages of this book you will learn some strategies that teach you how to alter how you speak to your self better.

I Can't Do-ism: The Negative Self-Talk Epidemic Survival Guide

By Nykee Hider

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I Can't Do-ism

THE NEGATIVE SELF-TALK

EPIDEMIC SURVIVAL GUIDE



CHANGE YOUR THOUGHTS, CHANGE YOUR WORDS,
CHANGE YOUR LIFE!

Nykee Hider

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I Can't Do-ism

This book provides content related to topics physical and/or mental health issues. As such, use of this book implies your acceptance of this disclaimer.

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Part One

I Can't Do-ism

(The habitual nature of thinking and speaking that something *that's possible* for you to accomplish *cannot be done* when in fact, it is absolutely, unequivocally achievable.)

Chapter 1

The Programming

But Jesus would not entrust himself to them, for he knew all people. He did not need any testimony about mankind, for he knew what was in each person. (John 2:24-25)

“Sticks and stones may break my bones... but words will never hurt me!” Yeah right! I used to blurt out this cute little saying when I was a young teenager thinking it would create some magical force field around me and inside of me as the arrow of sharp and harsh words were being tossed in my direction – let me tell you, that was not the case. Not only can words hurt you, they will kill your chances for realizing your true potential and purpose if you accept them. Our words carry enormous weight, more than we can ever imagine. Words often impact people for decades or even an entire lifetime. Words will provide you with the strength and conviction to keep trying or just another rationale to simply give up and quit.

The question is: How have words impacted you?

Words Have an Effect

Without embracing God and His powerful original intention for your mind and intention for your speaking, there is no real cure for this vicious negative self-talk disease. Without God, The Father and Great Physician of our souls, this virus within many of His children will not be re-moved, past hurt’s will not be re-moved, the lies will not be re-moved, the failures will not be re-moved, the fear and nightmares will not be re-moved. Without God, you will continue to be held captive and tied up to the chair of memories that haunt your life and limit your potential while you are on this physical plane. Why? Because when

your repetitive negative inner conversations do not change, neither will your unwanted outer circumstances. Simply put, your thoughts will continue to be... your thoughts!

“For my thoughts are not your thoughts, neither are your ways my ways,” says the Lord. “For just as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.”

- Isaiah 55:8,9

If The Creators ways and thoughts are higher and more effective than yours... do you think perhaps God may have a solution to your negative self-talk condition?

If you are ready for a change right now, then it's time to start choosing, speaking and accepting words that describe who and what you really are. I said...who and what you really are!! You are part of God's good creation – you are wonderfully made despite what you or naysayers may wish to protest about it. How do I know? Because you exist... you are a living, breathing miracle that could only be imagined and dreamed up by an almighty Creator. The word of The Creator concerning you and your potential does not return void! So I absolutely believe your words and thoughts *can* be good and wonderful! You are a masterpiece...*an absolute masterpiece!! Why?* Because your life is capable of reflecting a piece of the Master, a piece of His power, a piece of His greatness and a piece of His awesomeness. You were intimately fashioned by the Source of true love, power and abundance, so that my friend is what your life is truly capable of producing and reflecting.

You are just full of potential!!

I know at times it really doesn't feel like it. Please understand this - your life today is the sum of millions and millions of words spoken over you, in you and through you. Some have been constructive and some have been destructive, would you agree?

A song in the Bible reads, “Unless the Lord builds the house, the builders labor in vain.” Well, your words are building your current reality and your reality is what you live in. You live in... what lives in you. Words carry tremendous power...there is no way to emphasize this enough! We should manage them carefully like a skillful sculptor at work does with his or her carving knife. Again, words are very powerful, for they carry;

Blessings, Solutions, Knowledge, Spells, Comfort, Deception, Medicine, Truth, Antidotes And, when a carving knife is used properly, it produces excellent results that edifies its creator and inspires others with its showcase of beauty and splendor. The words you use and speak to yourself with is the carving knife of your life, use them wisely and carefully. Not only will your words and thoughts shape your life, they will aid in shaping the world of so many others who are watching you.

You Have Been Programmed

The most normal activity in the mind of the young is the use of the imagination to dream. I witness this phenomenon every day in my 5, 4 and 2-year-old kids. We were all prewired and engineered long before we could even speak and articulate a thought... to dream of what can be, to entertain the thoughts of what is possible in the invisible realms of our precious minds. To dance around our homes in our 2T size diapers to the magic rhythm of possibilities pulsating in our little heads. To dream of flying off into space, to dream of building something dazzling and awesome, to dream of being a record-breaking pro athlete, to dream of being a superhero defeating it's mightiest foe, to dream of climbing the tallest mountain. Dreaming of making an impact in our world in some shape or fashion has always been the norm in that stage in our early developmental years. You see, we were programmed to automatically dream Big from our Creator who makes all things possible to those who believe.

You will not function in life without being programmed, and you will not develop and grow without being fed. Unfortunately, the negative

self-talk disease is the result for most who continue to accept the negative words and false negative images they've been fed throughout their life without stopping to inspect and question them. Many are on the same detrimental mental diet plan from their youth and never self-examine why they are overweight with heartache, fear, disappointment, negativity and mediocrity.

What do I mean by this? Well, as a child, you probably heard the word "No" more than 80,000 times and "Don't do that, touch that, or act like that" just as often, right? Phrases like "get your head out of the clouds" and "Be realistic" were often spoken. You were disciplined if you spoke in class, at the dinner table, or while the 'grown ups' were talking... correct?

Your constant obedience and attention was demanded by your parents, teachers, and other authority figures as you entered your adolescence and adulthood. I believe these events of the past aided in creating your early assumptions, paradigms and perceptions about life and your God given potential. Please understand this, the mind always functions according to the assumptions with which it starts. Your childhood years marked the genesis of your belief system. But how much consistent instruction did you receive at that crucial time in your early impressionable developmental years about clearing your mind of any toxic thoughts and images or being still and reflecting on that which is good and beneficial to the divine potential that is within you? Not much or at all I bet.

When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me.

- 1 Corinthians 13:11

Have you truly put childish ways behind you? Not childlike ways (God loves and wants that from you because that nature requires faith) ...but those whiny, crying, dependent, baby formula, diaper needing to be changed immature, and doubting ways. Could your immature

speaking, thinking and reasoning from this type of nature be blocking your blessings? Is your inner life mature? Could it be possible that deep inside, you are still a miserable, negatively programmed child? Even as you decided in your adulthood to believe in a higher power, to become a disciple or become a more spiritually aware individual, could it be that words...through past images and emotions attached to “don't, stop, can't and no” have coalesced into your beliefs, that are still plaguing your mind and affecting your decisions and actions as an grown up? Could it be that your mind is being held hostage by the very words that were meant by your parents, and authority figures in the past to help, direct, guide, educate and control you while you were young, weak, vulnerable, needy, immature and unaware?

Today unfortunately, you will find no freedom, inner peace or growth in your current life journey when negative words and memories in your head, regardless from where or whom they came act as terrorist to your future and dreams.

It's called programming!

Your subconscious mind has successfully been programmed by what your conscious mind has recorded and accepted as true... and as a result, you may have been infected with the “I can't do-ism” negative self-talk disease. Social Media, Entertainment, Books, Music, Religion, Politics and other sources have a smorgasbord of negative images and words for you to feed on and digest aiding in controlling a mind that is already vulnerable from past programming's that have not been dealt with.

But there is a solution to this condition, in fact, there is a spiritual solution to every problem if we follow “The Way.”

The infected have become blind slaves to an old, outdated programming or conditioning that is no longer beneficial in most areas in their life journey. For example, as a little child...Mommy constantly told you not to touch that stove, not to run across the street, not to daydream in school, not to stay up late, and not to talk to strangers out

of concern and for your safety... or the belt or some other potentially painful tear formulating punishment would be waiting for you. Perhaps you had an abuser who threatened you with more abuse if you ever told somebody about what was happening. Perhaps it was a school bully or a possessive boyfriend or girlfriend. But now, at this stage in your life journey, you are abusing yourself more than those people in your memory ever could. You will not touch that career advancement opportunity, you won't start that business, you won't share your faith with a stranger, you won't write that book, you won't share that song, you won't jump out of that new abusive relationship and you won't talk to a large group of investors all because negative words and images are still managing your decisions. Do you see the issue here?

My friends, you are the recipient of negative words and images that have been affecting your thoughts and the perception you have about your potential and reality. Negative words and images are terrible walking sticks on the often rocky and unsteady journey for success in life. Why? Because negative words through self-talk do not help you to stay on course for the path that leads to your true purpose and potential. So, if you have not reached the level of success that you have been praying and working so hard for, then something in your programmed mind must be misguiding you. If the GPS you're using is not part of Gods Purpose System, then consider replacing it for one or continue to meander in life's maze of mediocrity and confusion.

Others have conditioned you long enough, it is now time to be reprogrammed by your Maker! You will need to start intentionally using powerful, spirit filled words that produce in you constantly...thoughts of "I can, I will and I am!" You will need words that are conducive to fueling a spiritually renewed mindset that will ignite your path today and lead you back to the essence, image and likeness of what is good for your true success and purpose. In other words, you... the vehicle must be driven by the advocate and biggest cheer leader of your success. Your Maker!

You Can Change

“If I can't succeed in this business, neither can you.”

“If I can't get along with her, neither will you.”

“What makes you think you can make a difference...after all others have tried and failed.”

“Don't even bother speaking to that group...they won't ever listen to you.”

Like the statements above, the infected often spread negative energy into the universe whenever they express their unconstructive thoughts and mental paradigm beliefs from a past event. The infected always measure what they can or cannot do by their stored beliefs. The infected live with worry and uncertainty, afraid to make courageous life changing decisions that express their God given individuality and because of fear, they are scared to venture beyond what feels or appears normal and comfortable.

Enough is Enough!

You can change, you can be different and set apart from the infected. It's time to be healed, it's time to live life more abundantly, and it's time to live your life to the fullest! Yes, you can do this. How do I know? Because within you lives a Spirit with an immense purpose that is greater than any disease, greater than any doubt, greater than any past conditioning, greater than any failure, greater than any fear, greater than any worry, greater than any lie and greater than any negative force on this planet if you are willing to be in step with it and believe!

You no longer have to be a victim of this virus that is causing you to live your life as a psychological slave dependent on others' approval

and recognition. You no longer have to live a life that is measured by comparing yourself to the crowd. You no longer have to live in fear of being judged or believe that others are responsible for your life's circumstances. You no longer have to believe that everyone else's life is inexplicably easier by comparison and full of "lucky breaks" and "good fortune" that are absent in your personal world.

Saying phrases like, "but my situation is different" and "but I've really got it rough" Can be deleted from your vocabulary when you have and use the strategies that I will soon share with you.

Carriers of the virus often settle, loose and compromise for much less than the amazing things they were put on earth to achieve. I know because I was infected many years ago, but I've learned how to defend against the virus and you can too. The infected see walls & obstacles instead of pathways of opportunity and in turn, they become obstacles instead of vehicles for progressive change. They spread their "facts" and their "that's just the way it is" mentality without ever questioning their own perceived reality.

My Story

I did not write this book because I have some fancy title next to my name or a grandeur pipe dream about writing a New York Times Best Seller. I wrote this book because by the grace of God, I have learned how to understand and face this crippling disease. I wrote this book because I am tired of seeing the children of God wander aimlessly in life like I did because of negative thoughts and stored limiting beliefs from the past. I am on a mission to help the infected person know that through simply using the wonderful internal weapons that God has already given His male and female vehicles – this negative self-talk disease can be controlled and even destroyed.

I grew up with a speech impediment and have been told I should never speak in public or risk feeling embarrassed and ridiculed. I have been labeled at risk because I grew up without my father as an African American boy in the inner-city. In my early teenage years I was called

stupid, dumb, lazy, and slow for not knowing how to read properly. I accepted someone's negative words and over all image of me. I concluded that the two psychiatrist that I was assigned to see in my youth had to be right... after all, they were the adults, they were the professionals wearing the long white physicians coat and I was just the skinny, stuttering shy kid with bad grades and low self esteem. As years passed by, I became a scared, frustrated grown man who had the toxic "I can't do-ism" bacteria festering inside of him. I had in my mind an image, a likeness that did not reflect the image, perfection, goodness, and magnificence of my Creator. I was infected badly.

I began bowing to societal pressures not questioning authority and ignoring my own imagination, intuition and common sense. I started to equate my own and others' job titles as true indicators of "importance", "success", and "value." I started to believe that what I became in life was a real reflection of who I was as a person.

I almost let the infection overtake my desire to believe that anything great was possible for my life even after becoming a Disciple of Jesus Christ. The virus took its most dangerous course when I had ongoing thoughts about taking my own life. I sunk into deep depression, financial debt and despair. I started thinking, "It's too late for me to realize my dream of becoming a person who could achieve significant results in life while helping others do the same. To marry and have a family, "oh please, that will never happen" was my attitude. "A meaningful life" yeah right, in my dreams." This was my thinking at age 31. This was my thinking as a grown man sleeping in his Grandmother's basement because I "could not" find my own place or a good job. I began to settle and compromise allowing this dangerous virus to spread within me.

I began to give more weight to what others thought, instead of what was actually true based on the promises from the inspired words of an eternal, omnipotent, compassionate Creator who loves me, forgives me and orders my steps according to the purpose that He designed for me. I often internalized and accepted all the labels that people gave me, especially the negative ones from my youth, instead of accepting

and believing the label we all can have from God like; “More Than A Conquer!”

We all have a story don't we? We all have a yesterday that has shaped our today. We have a running program in our minds that is directing the course of our lives for better or for the worse. The negative self-talk disease is real, it's contagious and it does very slowly, day by passing day, month by month and year by year, destroy all in its path without discrimination.

What were some of your childhood dreams?

1. _____
2. _____
3. _____
4. _____
5. _____

List some of the “Authority Figures” in your past who have impacted your thinking other than your parents. (i.e..Professor, Pastor, Doctor)

1. _____
2. _____
3. _____
4. _____
5. _____

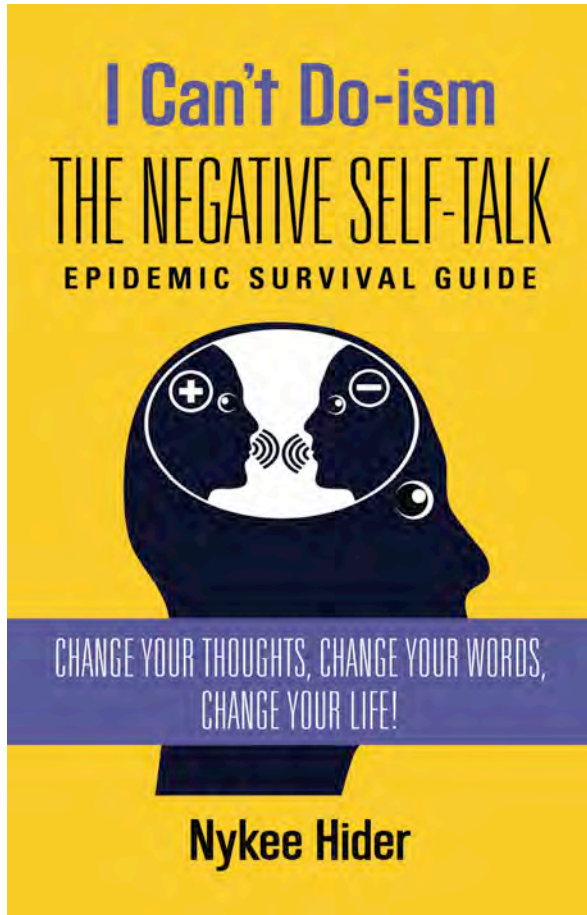
In the next chapter, we will explore the symptoms of this vicious negative self talk disease.

Chapter One Take Away Strategy

The words and images from your past have shaped your current reality. If your words that affect your thoughts are negative, try this exercise daily:

Take the time to self-examine your very thoughts and words and try to ask yourself this one question for each negative word and thought that pops up. And that question is;

Would I speak this negative thought I have right now to the... 5-Year-Old Me from my past?



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