

FRICTION

INTERNAL Vocab Rehab

The Experiment: The Self-Talk Swap

Duration: 7 days

Time required: 2–3 minutes daily

Goal: Practice catching and rewording the internal sentences that spike your stress. For the next seven days, do this once per day (takes 2–3 minutes).

1: Write the sentence your mind is currently repeating (exact words).

Example: “I’m behind and this is going to be brutal.” Pay attention to the repeated word patterns. For many leaders it’s: behind, failing, stupid, too much, impossible, can’t.

2: Identify the two hottest words (the ones that spike your body).

Example: behind, brutal

3: Replace them using one data word + one feel-good word.

Example: “I’m stretched today, so I’m going to look for flow with 1 important task.”

4: Rewrite it, then speak the new sentence out loud twice. (Out loud matters.)

Optional prompts for journaling:

- “When I say the old sentence, my body .”
- “When I say the new sentence, my body .”
- “If my inner voice were a good leader, it would sound like:”