Decoding the Motivation Myth: Unmasking Self-Bullying Patterns Behind Seemingly Positive Archetypes

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QUOTES: MOTIVATIONAL OR BULLYING

“The best revenge is massive success” Frank Sinatra

“Nothing feels better than doing what people say you cannot do.” Kylie Francis

Don’t stop when you are tired, stop when you are done

Positive vibes only

There are people who have it worse than you do, you should be grateful

Failure is not an option

Practice makes perfect

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WHO AM I?

Flowcess is the only organization that has a non-contradictory model for the mind and the brain

I am the only Flowcess trainer in Canada certified to teach this information

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WHAT IS SELF-BULLYING?

Definition of bullying: seeking to harm, intimidate or coerce (someone perceived as vulnerable)

Definition of intimidation: to make timid or fearful, to frighten especially, to compel or deter by or as if by threats. Source credit - Dictionary (definitions from Oxford Languages)

Self-bullying - to coerce and/or intimidate yourself into action driven by fears created by a false perception of reality

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TYPES OF SELF-BULLYING

The inner critic

Unhealthy actions (masked as “positive” actions) taken to combat inner criticism

Common example: Retail Therapy

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TWO TYPES AND FOUR STAGES OF SELF-BULLYING

Type 1: The inner critic

The mean/harsh things we say to ourselves

Type 2: Self-bullying

Stage 1 - Unhealthy actions (masked as “positivity”) we take to combat inner criticism

Stage 2 - These actions become habits

Stage 3 - We rationalize the habits

Our response to type 1 of self-bullying determines whether we fall prey to stages 1 to 3 of type 2 of self-bullying

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EXAMPLES OF BEHAVIOURAL ARCHETYPES THAT *CAN* BE SELF-BULLYING

Overachiever - seeks worth and value in achievements

The Underdog - thrives on proving others wrong

The Pollyanna - always looking on the bright side

Emotional crutch - finds worth and value in being a support system to others

The Doormat - avoids tension and being the cause of tension

The Comparative Minded - evaluates life's achievements through constant comparisons

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WHERE DO THESE BEHAVIOURS COME FROM?

Response to what others say/believe about us and our environment including societal/cultural pressure

Past trauma including bullying and abuse (survival response)

Replicating the behaviour of a role model adult (eg perfectionism, being a workaholic)

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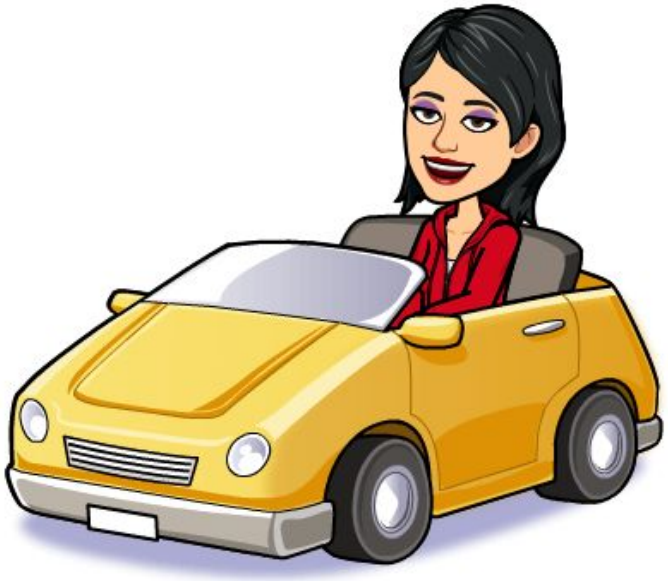
WHY ARE WE UNAWARE OF TYPE 2 OF SELF-BULLYING?



Conscious brain = 10% of your brain

Used for thinking and making decisions

No direct control over 90% of your brain, the unconscious brain

Unconscious - accurate record of past external reality, source of all of our energy, where our behaviours/habits come from.

https://www.youtube.com/watch?v=gOtlN4pNArk

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HOW THE INNER CRITIC CAN RESULT IN SELF-BULLYING

Inner critic = the mean things we say to ourselves. Consciously state something wrong using the 10% of your brain

The unconscious recognizes it is wrong and makes you feel unsettled

Consciously come up with a plan to outrun that unsettled feeling from your unconscious brain

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WHAT IS THE DIFFERENCE BETWEEN THE INNER CRITIC AND SELF-BULLYING? CONT…

Vicious cycle

This done enough times (21 days) they begin to unconsciously do the behaviour

Eg. Overachievement is something we do consciously but being addicted to it is unconscious

Eg. Emotional eating, Retail therapy

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WHAT MAKES IT WORSE?

The Regulation Thought Process. No thoughts or too many thoughts, unable to focus on a thought. Distracted

Unconscious brain running the show. Unable to answer questions/stuttering/rationalizations

94% of people are AT the Regulation Thought process at any moment

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WHY AFFIRMATIONS MIGHT NOT WORK

Unconscious brain: has an exact record of past external reality

"I AM": Truth or Lie? Contradiction: conscious vs unconscious brain

Do our words and actions contradict our reality?

Reword affirmations to "I want to…"

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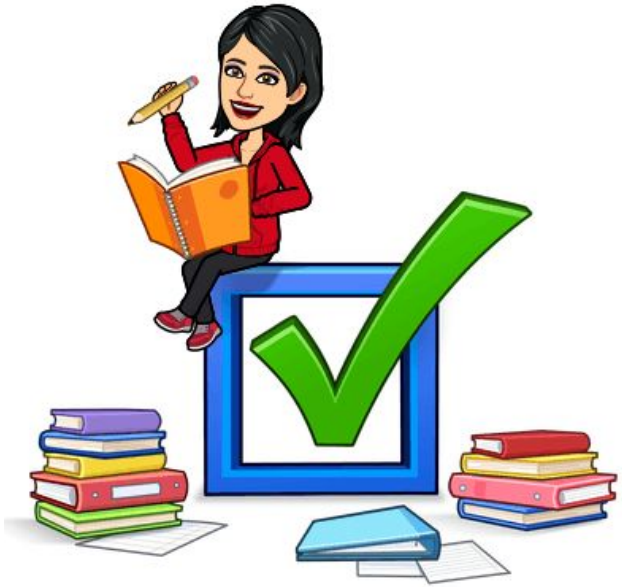
HOW DO WE COMBAT THE INNER CRITIC?



Inner critic worksheet

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HOW TO DISSOLVE SELF-BULLYING

Step 1: Identify your triggers

Step 2: Bring it down to a principle level

Principle levels?

Being bullied, causing pain, disrespected

Feeling: judged, rejected, stuck, stupid, unappreciated

Not being heard/understood

Unjust/unfair

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HOW TO DISSOLVE SELF-BULLYING - CONTD…

Every time you are triggered:

Step 1: Determine the LIE

The LIE is what you internally decide that is a false representation of reality

Step 2: Replace with the TRUTH. State the TRUTH - say it or write it (I WANT to…)

Grief

My story…My LIE and My TRUTH

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TRUTH VS LIE - EXAMPLES

Overachiever - Growth mindset: do it for the CAUSE of wanting to improve yourself so you can help others

Underdog - Growth mindset: do it for the CAUSE of learning from failures (growth)

Pollyanna - Growth mindset: do it for the CAUSE of maintaining a healthy thought process regardless of what may be going on

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TRUTH VS LIE - EXAMPLES

Emotional crutch - Growth mindset: do it for the CAUSE of helping others whether they recognize it or not (love/joy)

The Doormat - Growth mindset: do it for the CAUSE of bearing the pain of others

The Comparative minded - Growth mindset: do it for the CAUSE of wanting to compete with yourself

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TRUTH VS LIE - REAL LIFE EXAMPLES

Two firefighters and a burning house

The initial years of my fitness journey

No cheat meals - 100 days

Why my brother became a CPA

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THE TRUTH OF WHO YOU ARE - YOUR AUTHENTIC SELF

The Ultimate way to dissolve self-bullying

Uniqueness

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CONCLUSION

There are two types and four stages of self-bullying

Type 1: Mean things we say to or think about ourselves. False sense of perception of reality

Type 2: Stage 1 - “Positive” actions to outrun feeling unsettled. Coerce and intimidate yourself into action

Type 2: Stage 2 - Conscious decision to outrun the unsettled feeling with positive action becomes an unconscious habit/behaviour. Driven by fear

Type 2: Stage 3 - Rationalizing the habit

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CONCLUSION CONTD…

Continue to feel unsettled. Feeling will only get worse over time

Addressing Type 1 - what are you hoping to achieve by being hard on yourself?

Addressing Type 2 - what motivates you to achieve goals? Cause or effect?

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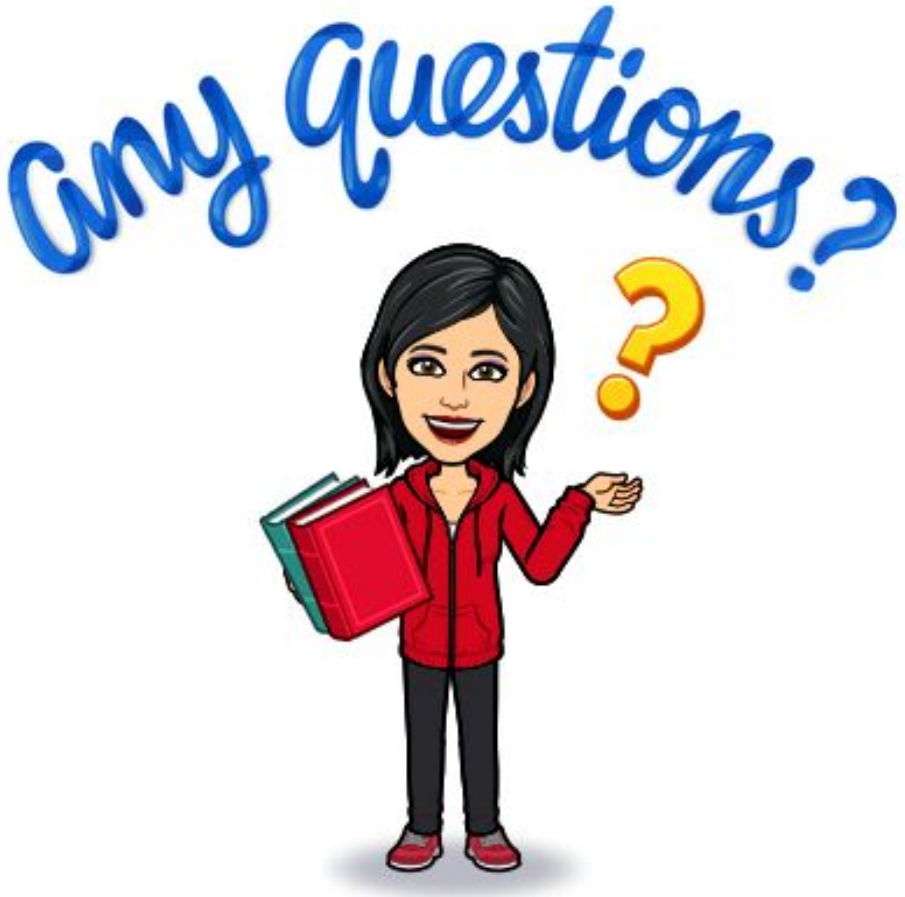

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