

Give Your Mind a Name

If your mind has a name, then it is different from “you.”

When you listen to someone else you can choose to agree with what they say or not, and if you don't want to cause conflict, it's best not to try to argue the person into agreement with you. That is the posture you want take with your internal voice.

Process work has shown that naming your mind helps with this. I call mine George.

Pick any name you like. Even Mr. Mind or Ms. Mind will do. Now say hello to your mind using its new name, as if you're being introduced to it at a dinner party. If you are around others, you can do this entirely in your head – no need to freak people out.