

RELEASE
NOVEMBER 11,
2023

VOL.1

SESSION 3

INNER SOUND



JOURNAL

44

PAGES

HELLOMARIANNE.COM

INNER SOUND

Session #3

Are you ready to continue? Let's start with the exercises for week #3 - What Else Happens? Your emotions, feelings and thoughts.

SESSION #3 - WHAT ELSE HAPPENS?

Welcome to session 3. I hope you're getting familiar and comfortable with the set-up of each step that you're taking in this e-book (course).

How are you truly doing? Are you managing to register the effects sounds have on you? Are you becoming more aware of what is true for you regarding sounds? I sure hope so!

Know that this process of becoming more and more aware will enable you to look into self-care and self-love later on during this course. All of this awareness will guide you towards making healthy decisions daily.

How to reach your sound sensitivity goals? How to make '*dealing with sounds with more ease*' a reality? All of the steps you're taking at the moment are showing you your path and your present position on the map of your life so to speak. From this place of knowing you can then take action to move forward into a more desired direction.

So here we go. You are ready for session 3 and the next step to move closer towards your goals. Play and rest, play and rest, play and rest. Keep the process as relaxed as possible. **Let's do this!**

SESSION #3 - WHAT ELSE HAPPENS?

Let's continue with what we started in session #2. Let's look at what else happens, apart from just the physical sensations, when you are being disturbed by certain sounds.

First a short story from me, Marianne: *"I know that when I hear a sound that I don't like, my mind goes into overdrive and sometimes it is so hard to stop my mind. I therefore sometimes actually say 'STOP' to myself again and again not to get wrapped up in the whole story that's going on in my head. If looks could kill, yes, some people would not have survived my glances. I can tell you I have wished the world around me a whole lot of unpleasant and unkind things! I am sure you have too."*

How familiar does this sound to you?

These unkind, unfriendly and even aggressive thoughts will do us no good. They will create even more stress in our already tense bodies. These negative thoughts are often judgements about the world around us which are in essence judgements towards ourselves.

You could also see these judgements as a poor expression of our need for a quieter world. We call these judgements 'Jackals' just like they do in Nonviolent Communication (NVC). Now the 'Giraffes' are helping thoughts that can help and support us when in stress.

Let's continue reading about this on the next page.

SESSION #3 - WHAT ELSE HAPPENS?

So, let's begin with looking at our thoughts and feelings regarding sounds. In the previous sessions I have asked you quite some questions on sound sensitivity already. I know these questions can be quite confronting.

Be gentle with yourself and take a break when needed. However, you made it this far and I'm glad you are still here. I'm sure you are determined to find a healthier way of dealing with triggering sounds. Let's look at it together.

"It is just a sound. Not a threat!"

_Thomas Dozier

Do you remember the reassuring sentence I shared with you before in session #2? This one you can use when your brain goes into overdrive after having heard a triggering sound: *"It is just a sound. Not a threat!"*. This is what we call a 'Giraffe' thought. A helping thought. Let's do an exercise on 'Jackal' and 'Giraffe' thoughts.

SESSION #3 - WHAT ELSE HAPPENS?

Let's make a list of your 'Jackals' and 'Giraffes' from the perspective of sound sensitivity. You will look at the thoughts first, before you will look at the emotions as well.

- What are the first thoughts that cross your mind when being triggered?
- Jackal thoughts: Which of these thoughts are negative and make the situation worse?
- Giraffe thoughts: Which of these thoughts are positive and supportive?

Use the next page for your notes.

