

The background of the page is a vibrant blue, framed by a thick, black, hand-drawn style border of swirling, looping lines. The text is centered in the white space within this border.

How to  
be OK  
with  
Yourself

The Transcript

by Mary Tracy

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# INTRODUCTION

Hi everyone, welcome, Mary Tracy here. Today's workshop is titled “How to be OK with yourself (even when things kinda suck)”.

The situation I have in mind: you are feeling **bad** about yourself, perhaps because you are not where you wish you were in life.

You just have this feeling of “argh, everything sucks, my life sucks”.

So we're gonna talk about what we can do in those moments. Things we can try to work with our stuff, with this feeling of “I suck and everything sucks”.

First a few points.

# ONE, DON'T EXPECT THESE IDEAS TO WORK INSTANTLY

Don't think you can just listen to me talk once and learn everything and be ready to apply it in your life.

It takes a long, long time working with these techniques before we fully incorporate them into our lives. It's taken me over 3 years before I learned how to do this automatically.

And don't expect the results to be immediate either; they do take a long time.

In short, keep practicing. That's the best piece of advice I can give you when it comes to the working with your stuff process.

Everything in life gets better when you're working with your issues as opposed to just feeling overwhelmed by them.

## TWO: I (AN'T KNOW WHAT WORKS FOR YOU

No one can know what works for you. Only you can know what works for you.

You need to adapt everything I'm saying. And everything that everyone else is saying. Because this process is different for everyone.

My advice is: try to follow what other people are doing, try to follow what I'm teaching and adapt it so that it works for you.

And try things. Because it will be different for you.

## THREE: WE NEED TO WORK WITH OUR EMOTIONS

The changes we want are internal.

It's not enough to "learn" the concepts, we have to apply them, in our own time.

## THE MINI-(CHALLENGE

"Ask yourself what you want, give an answer, let the answer be".

First I wanna start with a sort of exercise.

Here it is: **ask yourself what you want, give an answer and that answer be there.**

The trick is to let the answer be there in silence. You don't want your mind to go straight into "is it ok to want this" or "how are we going to get this" or "what if this stuff doesn't happen" .

No, it's just a matter of "asking yourself what you want, giving an answer, hearing nothing-silence".

In this way we are practicing giving legitimacy to what we want and allowing ourselves to want what we really want.

You can try this now if you want. I'm gonna do it right here, right now.

**"What do I want?"**

I want to learn how to be OK with myself regardless of how the world sees me.

So that's my want.

What we do is we ask for what we want, we give an answer and then we allow the answer to be followed by silence.

OK. We are going to cover a few basic concepts, on this process of “being OK with ourselves” when we really are not OK.

# NOT FEELING OK WITH YOURSELF AND YOUR LIFE IS NORMAL

I know, it sucks. And it's a silly concept.

And at the same time, it's a normal part of being human and being alive.

You are not somehow “wrong” for feeling like you suck and your life sucks. It's a normal feeling. Which means, it is going to happen, sooner or later. And it helps to be prepared for it.

The idea is to turn this into a concept that we can use when we're feeling like we suck and everything sucks.

So what we do is we try to remind ourselves that feeling like this is normal and it happens and it's temporary.

Don't worry about this right now, because we are going to follow the special technique later on and work with it. But it's important for you to know that yes, it is normal and yes, we need to prepare for it.

## THERE IS USEFUL IN GOING THROUGH THIS PHASE OF "NOT FEELING OK WITH YOURSELF"

We may not be able to avoid it because it's normal and it happens to all of us, but we can always find something useful in having gone through it.

It's an important lesson. We learn how to take care of ourselves, what we like, what we want, what we need.

And we also find what we don't like and what we absolutely cannot stand.

And we learn to trust ourselves.

When we stay present and we work with this feeling of "everything sucks" it's like we are sending a message to our subconscious: no matter how bad things get, I'm here for myself.

Note that I'm saying "it's useful". That doesn't mean we're gonna go "yay, it's so good that I'm feeling like crap and I'm going to learn something".

It's "useful information", it doesn't mean we have to like it.

## THE DANGER OF SEPARATING FROM OURSELVES

The next concept is rather difficult. But it's still important.

I call it the “danger of separating from ourselves”.

So, when we feel like we suck and our life is horrible, it's like we are trying to escape from ourselves.

It's like we are saying “ewww, I'm leaving this person and this life and I don't want to be like this and I want to be someone else”.

And, as you can imagine, this can be pretty dangerous, because the message we are sending to our subconscious is “if things get difficult, I'm leaving you”.

And that's pretty much the opposite of trust.

That builds up anxiety because we go through life constantly afraid of failing and getting things wrong. Which means, we are less likely to do anything and more likely to stay put.

Because at the end of the day, the one person we cannot do without is ourselves.

# WITHHOLDING ACCEPTANCE FROM OURSELVES UNTIL WE ARE "BETTER" IS ABUSIVE

These two concepts are challenging, but it's important to know them, you don't have to do anything with them.

Withholding acceptance from ourselves until we are better is a form of self-abuse.

I don't wanna say much about it because it's difficult thing to wrap your mind around, just know that the goal is always to be OK with yourself, as you are right now, not "better".

The ultimate goal is to build up unconditional love for ourselves. Whether we can get there or not, that's debatable, but it's the ultimate goal.

## THE TECHNIQUE

Now we're going into the actual technique and what we can actually do when “ugh, everything sucks”.

Like I said it's a variation of the “acknowledge and allow” technique that I have in my mini e-book “[Working with your Stuff](#)”.

And the idea is the same: it's to fully acknowledge and fully acknowledge this feeling of suck.

So, the situation: we feel like we suck and our life sucks, and everything and everyone sucks, and we can't see straight anymore.

This is what we do.

Ideally we want to get really quiet. Perhaps you can even close your eyes or cover them with your hands.

If you've ever meditated before, this is the kind of state we are aiming for.

Notice that I say “aiming”, because the perfect “calm state” is virtually impossible when we're feeling crap, when we are in a state of emotional distress. But you can try. And there are things we can do. At least we can say to ourselves: “I'm going to get quiet”.

And when we are in that state, this is what we say to ourselves:

(Starts at 10:49 on the audio file)

“OK, right now I feel like I'm utterly worthless. I feel like I suck, like I'm wrong in every way possible. I feel like my life is broken beyond repair.

And I am allowed to feel all these things. It makes perfect sense. I'm going through a tough time. And it's understandable that I'd feel this way.

And I wish things were different. I'm allowed to wish for my life to be different.

But things are the way they are right now and I'm in pain.

I'm acknowledging how bad I feel. I'm acknowledging how I feel horrible about myself and about my life and about this whole situation.

I'm acknowledging my shame, because I feel I should be different and better

I'm acknowledging my guilt because I really think I shouldn't be feeling this way at all. I think I should be feeling fine already.

I don't have to feel OK with myself, I don't have to stop feeling like crap right now.

I'm giving myself permission for things not to change, and for things to change. And I'm giving myself permission for things to stay the same.

I'm allowed to want things to be different. It makes perfect sense

that I would want things to be different.

What do I need? I really want to know.

What qualities would I like right now? Comfort, support, love, compassion, appreciation.

How can I find out what I need? How can I give myself what I need? How can I be ok with my needs?

Do I need to give myself permission to need things?

And Is it possible that I'm not recognising what I need because I'm scared, because I don't want to change things? Because that would make perfect sense.

If that's the case, I give myself permission to not want to change things.

This is me, working with my stuff. Interacting with my pain. I'm here, I am working with my stuff, and I'm wishing good things for myself. And I'm doing what I can.”

Here are a few tips:

- ★ First of all, when you begin, you want to get your main feelings out of the way.

So when I started I said things like “I'm feeling worthless” and “I feel like I suck” and “I feel like I'm wrong”.

When you start this process, this is probably what you're going to say.

It's not strictly correct, because you cannot actually feel “worthless”, worthless is not a feeling.

So, something that helps a lot is zoom in on the feelings, on what you're *\*actually\** feeling.

At first you have to use a list, because you have no idea what your feelings are. That helps you to describe the situation better.

So yes, using the “feelings list” helps, but I would recommend that you do that after you let all the feelings come out in whichever form they do.

- ★ Something else that helps is using the words “I'm allowed to feel” and use them a lot.

“I'm allowed to feel everything that I'm feeling”.

- ★ Something else that helps is to recognise the wish. Because it's likely that you will be wishing something.

You'll be wishing that you didn't feel like that, you will be wishing that things were different.

- ★ Another important one is to separate “I AM” so that it becomes “I FEEL”.

So instead of “I am horrible” it becomes “I feel horrible”.

And that creates a bit of distance, a bit of separation, and that's always helpful.

- ★ And the last one, if you can manage it: say “right now”.

Saying “I'm feeling horrible RIGHT NOW” helps to make it clear that it's not forever.

Now, sometimes that's difficult, because when we're in a state of distress it feels like it has gone on forever and that it will go on forever.

But using “right now” sometimes can help, if you can manage it.

## DO YOU STILL NEED SUPPORT?

I really want these ideas to help you heal. And I do genuinely care about you getting better.

If there's something in this e-book that doesn't make sense to you, **get in touch**.

If you are wondering how you can apply this work on your life, **get in touch**.

In short, if you need extra help, my inbox is always open. You can write to me at

[marytracy@turnwiddershins.co.uk](mailto:marytracy@turnwiddershins.co.uk).



And if you need extra-extra support and you want to hire me for coaching, that's an option too.

I'm wishing you the very best. I'm wishing you all the healing you are looking for.

**And remember you're not alone in this journey.**

I'll see you on the blog. <http://www.turnwiddershins.co.uk>  
Or Facebook <http://www.facebook.com/TurnWiddershins>

Love, support and beams of “ok-ness”.

Mary Tracy