

Internal Terrorist Exercise

Coming to grips with this powerful but slippery aspect of myself needs specialist methods. One is to visualise it as a concrete thing or creature. Giving body to this invisible force can really help with tackling it. Winston Churchill famously had a Black Dog on his shoulder, for example. Black Dog is an ancient embodiment of this terror; inventing our own can be more powerful. Here is a simple, old and well-tried exercise.

1. Make a list, writing a phrase or sentence for each entry. If your internal terrorist were one of these, what would they be?
 - i. Animal
 - ii. Insect
 - iii. Sci fi or fantasy creature (invent one, but think of Tolkein, Harry Potter, Star Wars, etc.)
 - iv. Colour
 - v. Smell
 - vi. Drink
 - vii. Music
 - viii. Cleaning material or equipment
 - ix. Relative or someone else from your past
 - x. Make up your own categories
2. Write what it most commonly says to you.
3. Write your message to it.

Here is Ronan's internal terrorist:

1. A Lion, fierce but tameable
2. A bee, buzzing around in an annoying manner, but if you give it enough honey it will go away.
3. The Terminator, cold, lifeless and inflexible
4. Blue, has their own stuff to deal with
5. Bad, the smell of fear
6. Whiskey, sharp, rough but with a distilled excellence
7. Wagner, pompous and overly tricky
8. Always says: you lack critical depth!
9. Message to: go gently and try and be a bit positive. I can take the hard stuff then.

(Ronan Foley)