



You Are Not a Frog Podsheet

Episode 226: The 3 lies which hold us back

Quick dip with Rachel Morris

Date

Total CPD hours

EPISODE SUMMARY

We're often held back by the lies we tell ourselves. The three most common are "I am what I have", "I am what people say about me", and "I am what I do". These lies create a false sense of identity and can lead to anxiety, fear, and self-rejection.

In this quick dip episode, Rachel offers practical strategies to combat feelings of inadequacy and to deal with our fixation on what people say about us. This can help us create a healthier self-perception and better resilience, but it's not without its challenges.

The lies we tell ourselves are deeply ingrained and can be hard to shake off. The longer we let them dictate our lives, the more damage they can cause. Our mental health, relationships, and overall wellbeing are at stake.

But by recognising those lies when they crop up in our thoughts, and taking some simple steps to combat them, we can stop comparing ourselves to others and worrying about what they say, focus on what's working well in our lives, and remember that we don't need to earn our rest.



IN THIS EPISODE, YOU'LL:

- Learn about the three fundamental lies that can threaten our resilience and wellbeing, and how to overcome them
- Understand the detrimental impact of societal expectations and self-perception on our mental health
- Discover practical strategies to combat feelings of inadequacy.

LISTEN

More episodes of You Are Not A Frog:

[What Shame Made Me Do](#)

Episode 200 with Dr Sandy Miles

[How to Get Out of a Toxic Shame Spiral](#)

Episode 204 – quick dip with Dr Rachel Morris

[Surprising Ways to Avoid Burnout](#)

Episode 188 with Nick Petrie

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Episode 226: The 3 lies which hold us back



DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?



ADDITIONAL RESOURCES

Download [Get Your Life Back](#), our 60-minute reset for overwhelmed healthcare professionals!

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Find out more about the [Shapes Toolkit Training programme](#)

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HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)