
NLP Word: Self-ish

(June 06) Self-ish...to think or act of 'the self'... really, that is the bottom line meaning of this word... to put self first or at least in front of others; in other words, to be 'ish' about self.

Ok, so the 'main' or 'popular' definition has a negative connotation. Ask some folks you know, they'll likely tell you, that to be selfish is wrong... Someone I met this weekend talked about how for years, she was told by her parents that she was 'selfish', that this was a 'bad thing', that she needed to think more of others. Oddly enough, one of the many things I work with people most on is helping them to think of their self! To take some time to exercise, relax, have some fun, talk with friends, rest, smell the flowers and enjoy a moment of quiet time, whatever it is for you!

So... selfish. I asked the person if she was ever told to be 'other-ish'... well of course not, and she giggled. So... of course, I agree and enjoy thinking of others, being compassionate, loving. At what point do you want to use your time to be 'self-ish'? How much permission do you need to take your time to be 'self-ish' sometimes, and 'other-ish' other times... ok?