

# CHARACTERISTICS OF TRUE AND FALSE GUIDANCE

The voice of your higher self provides true guidance and will reliably lead you to choices that are for your highest good, whereas the voice of your lower self provides false guidance and is easy to surrender to when you feel uneasy, in danger or helpless.

<b>TRUE GUIDANCE</b>	<b>FALSE GUIDANCE</b>
<i>Has mature tone and content</i>	<i>Immature tone and suggestions</i>
<i>Says the same thing repeatedly</i>	<i>Switches topics impulsively</i>
<i>Talks about your life's purpose or mission</i>	<i>Talks about how to compete with others</i>
<i>Wants you to be joyful right now</i>	<i>Wants you to delay happiness for the future</i>
<i>Strong, powerful, difficult to ignore</i>	<i>Insidious and sneaky</i>
<i>Has a ring of familiarity to it</i>	<i>Seems out of sync with your interests and lifestyle</i>
<i>Usually says "you"</i>	<i>Uses the word "I" constantly</i>
<i>Has a loving and energizing feel to it</i>	<i>Drains your enthusiasm and energy</i>
<i>Surrounds you with warm, loving energy</i>	<i>Makes you feel cold, prickly, alone or afraid</i>
<i>Sounds supportive and motivational</i>	<i>Uses abusive and critical words</i>
<i>Assures you that you can do it</i>	<i>Tears down your confidence</i>
<i>Empowers you</i>	<i>Weakens you</i>
<i>Direct and to the point</i>	<i>Wordy and full of rationalizations</i>
<i>Comes suddenly in response to prayer</i>	<i>Comes gradually in response to worry</i>
<i>Knows you are equal and one with others</i>	<i>Says that you are better or worse than others</i>