

## The Intriguing Soliloquy with the Self: An Umpteen Life Skill

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### Abstract

Life is a sheer mix of highs and lows and in order to handle such scenarios, one needs a strong grip on the life skills. Having an intriguing intra communication with your own self is one of the skills that are direly needed to exist jubilantly in this world of oddities and unwanted stress. During this dilapidated state of mental chaos, it is the prime duty and moral obligation of an individual to maintain inevitable peace and utter balance. As life is a series of negotiations ranging from mundane to major affairs and concerns, henceforth, negotiating with your own self is the prime step to get things accomplished half way. This research ordeal in hand, showcases the maximum use of the negotiation skills-communication with oneself using internal vocalization or reflective thinking with the inner self and the synchronization it renders to the mind, body and soul.

**Keywords.** *Intrapersonal communication, Life skills, Negotiation skills, Soliloquy, Synchronization*

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### 1. The Intriguing Soliloquy with the Self: An Umpteen Life Skill

Neither life is as easy as an ABC nor is it a can of worms. All one needs is the apt direction and the tutelage to imbibe the much needed life skills to carry forward with your life in the most blissful way. Out of the ample life skills like communication skills, intrapersonal skills, negotiation skills, presentation skills, analytical skills, critical thinking, etc; it's the negotiation skills that's considered to be the most significant skills required to beat the competitive world.

Negotiation skills as the term implies is nothing but simply the negotiation and deal that has occurred between two parties either at workplace between employees, employers, co-workers, outside parties, or some combination of these—that is mutually acceptable. Negotiation is basically an art that needs to be developed and mustered over a period of time.

In the current research paper emphasis is

been made on the one on one negotiations and telepathy been nurtured with one's own self. Before we develop synchronization with others, it is direly important to build a deep rooted connect with one's own energy flowing within. Since our inception till death, we keep on aspiring to establish better connections with the people in the outside world, but rarely do we make any sincere effort in building a close knit connect with our own self. And here lies the gravest concern of not successfully winning over the situations and people. The paper highlights a few integral points and multifarious ways in which one can establish connect with the self over a period of time.

A negotiation skill is that umpteen life skill that can lead to a win-win situation in every aspect and deals taken into account. In the words of Chester L Karrass, "In business as in life, you don't get what you deserve you get what you negotiate."<sup>1</sup> Talking to your own self, sparing ME time, sitting in an

isolated place, rendering yourself a serene ambience and getting into a deep soliloquy over the unresolved concerns- a talk with you and your free flowing energy within can offer complete bliss and tranquility to the otherwise ailing and dilapidated souls.

We all negotiate on a daily basis. On personal grounds, we negotiate with kith and kins, landlords, car sellers, employers, colleagues and among others. Negotiation is also the key to gain business success, momentum, growth and ample glory. No business and the business tycoons can survive without profitable contracts. Within a company, negotiation skills can lead to your career advancement and within your own self, it can lead to eternal victory.

The mere hoi polloi till date has been making ample efforts in establishing a close connect with others, who rarely have love, concern or care for you, but little pondering has been ever given to the negotiations with the self. Self talk has been always intriguing and once this association has been nurtured within an individual then he will always snap out ME time for his self prosperity, regeneration, resurrection and rejuvenation.

Once the mind is in the centre and the self has the knack and the right positive attitude to delve deep into one's own self then this developed negotiation runs lifelong. Winning over your self is indeed winning over others. Indeed before you commence any negotiation either with yourself or with others, you need to have complete conviction that you will win out of it. The win achieved in the mind as an affirmation, is the greatest and the real win which you will later achieve as an outcome. In the words of Christopher Voss, "The sweetest two words in any negotiation are actually "That's

right." Before you convince to see what you are trying to accomplish, you have to say the things that will get them to say "That's right".<sup>2</sup>

Negotiation skills are special attributes that permit two or more parties to reach a negotiable compromise. These are often soft skills and it incorporates abilities such as communication, persuasion, planning, strategizing and cooperating. Deep comprehension of these skills is the first step to become a stronger negotiator. Such negotiations with others are easily established by adhering to some tips to improve negotiation skills like-

1. Identify the final goal.
2. Practice building rapport.
3. Be willing to compromise.
4. Consider imposing time restrictions.
5. Take the multiple offer approach.
6. Exercise confidence.
7. Don't take "no" personally.
8. Understand your weaknesses.
9. Practice.

Thus, by routine adherence to the above mentioned tips may assist in the better establishment of the negotiations with others, but the connect that you need to develop with your own self needs self care, lonely time with your own self and special individual attention and pampering. It's easy said than done, but it also needs a lot of patience as it's not an easy nut to crack to develop such intimacy with one's own self. In the words of Carrie Fisher, "Everything is negotiable. Whether or not the negotiation is easy is another thing."<sup>3</sup> In other words, trust your journey of negotiation with your own self. "Your trust account is more important than your bank account"<sup>4</sup> as stated by Billy Cox.

Most of the times, we often find

ourselves soliloquizing out of doing something that's good for us or something you know you should do: You're not alone. Self negotiation is a sabotaging tactic that keeps us from changing. Human beings are not rational always. Instead, we have the power to rationalize our decisions and our own actions. One of the ways we rationalize is by negotiating with ourselves. A candidate makes an effort to get within when he realizes the outside world doesn't possess that capacity to satiate his arousing questions and volley of concerns pertaining to it. Thus, the moment you try to get within and seek answers and resolutions from your soul that's the real moment you start the process of every day negotiating.

A human being presents herself to be a combination of flesh and bone but rather he is above all. A human being is a pure soul endearing the capacity of his own self, but at times "Who am I?" is the most significant question that demands clarity. The intriguing art of negotiating with self is basically an umpteen art that requires just a little of your time to delve within. So this research paper makes a sincere effort in making each one of us cognizant that we all possess this art of soliloquying and deep questioning from own self provided we consider ourselves to be worthy and capable of resolving our own concerns.

Sharing ahead are a few tested ways by which we can master this art of negotiating. This life skill if taken well into full consideration can render you complete balance and solid equilibrium in life.

1. Deep meditation as per the time permits should be practiced daily for keeping the mind in centre and building a strong intuition power.
2. Breathtaking techniques powered by rigorous exercise for complete mind and body balance.

3. Small doses of recharge like drinking sun charged water and regaining the lost momentum of the day.
4. Daily power packed doses of positive affirmations like "I am a strong, healthy and a balanced soul. I have resolutions for all my problems."
5. Using the technique of Milton Meta Model, thus getting into the depths of the pros and cons of the raised and disturbing concern and finally reaching to a solution by self-analysis and self negotiating talks.
6. Above all, trusting and have deep rooted conviction in your own self that you have the only power to tackle with any hassles and grave oddities of life.

So it is always better to treat your self-negotiations as a partner dance where the Lead-Follow roles are switched frequently in order to arrive at a win-win solution in a harmonious way. Always act as the Lead as well as the Follow in the artful game of self negotiations and once this skill is well imbibed then as the title suggests nothing can be more intriguing than this art of personal talks any time of the day.

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