

Voices in My Head

When things get difficult, it is common for people to use “negative self-talk”. Negative self-talk is shaming, negative messages from internal voices. It is useful to identify these voices and the circumstances that trigger them. Most people have a series of common negative messages from their internal voices.

What are the negative shaming messages you tell yourself when you are feeling down, upset, or ashamed? Please list them here:

What are examples of circumstances that will trigger these negative messages for you?

What data do you have to support them?

What data do you have that does not support them?

Please list some examples of exceptions to these voices from your childhood:

Please rewrite your voices:

How would listening to these new voices change your actions:
