

GET CONTROL OF THE VOICE IN YOUR HEAD

The voice in my head sometimes talks crazy shit to me.

Examples: "you're not good enough," "you'll be found out".

True

False

If you answered "True," rate the level of influence and interference that the voice has had over you in the past year? 10 is high 1 is low.

Give three examples of times of when that voice has gotten in your way in the past.

Write your answers in full sentences, conversationally. The more specific, the more helpful the exercise.

How would your life be different if you turned down the volume and frequency of negative self-talk by half?

BONUS EXERCISE:

Read the questions and answers from today's exercises out loud.

What happened when you read them out loud? What came to mind? What did you feel? Did anything interesting happen? Take note of the difference between writing the words and speaking them.
