



# MASTERING YOUR **INNER DIALOGUE**

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# ABOUT ME

# **ADIE SEGADELLI**

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Major: Marketing

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Involvement @ Gonzaga

Woodinville, WA

2 siblings, an aunt to 3 kiddos

My favorite Color is Purple!





## Pre-Presentation Exercise

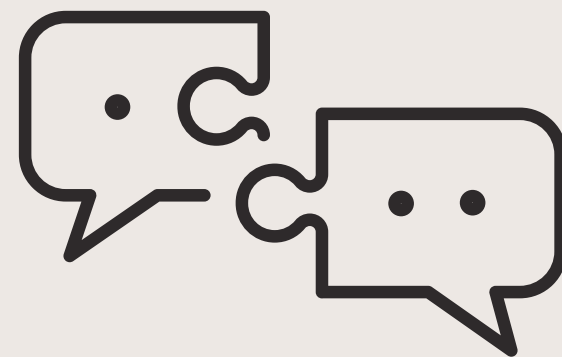
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- Write down a self-critical thought that frequently comes up (e.g., “I’m not good enough”).
- Read out loud to a partner.

**HOW DID IT FEEL  
TO READ OUT  
LOUD TO YOUR  
PARTNER?**



# WHY DOES **MASTERING** **YOUR INNER DIALOGUE** MATTER?





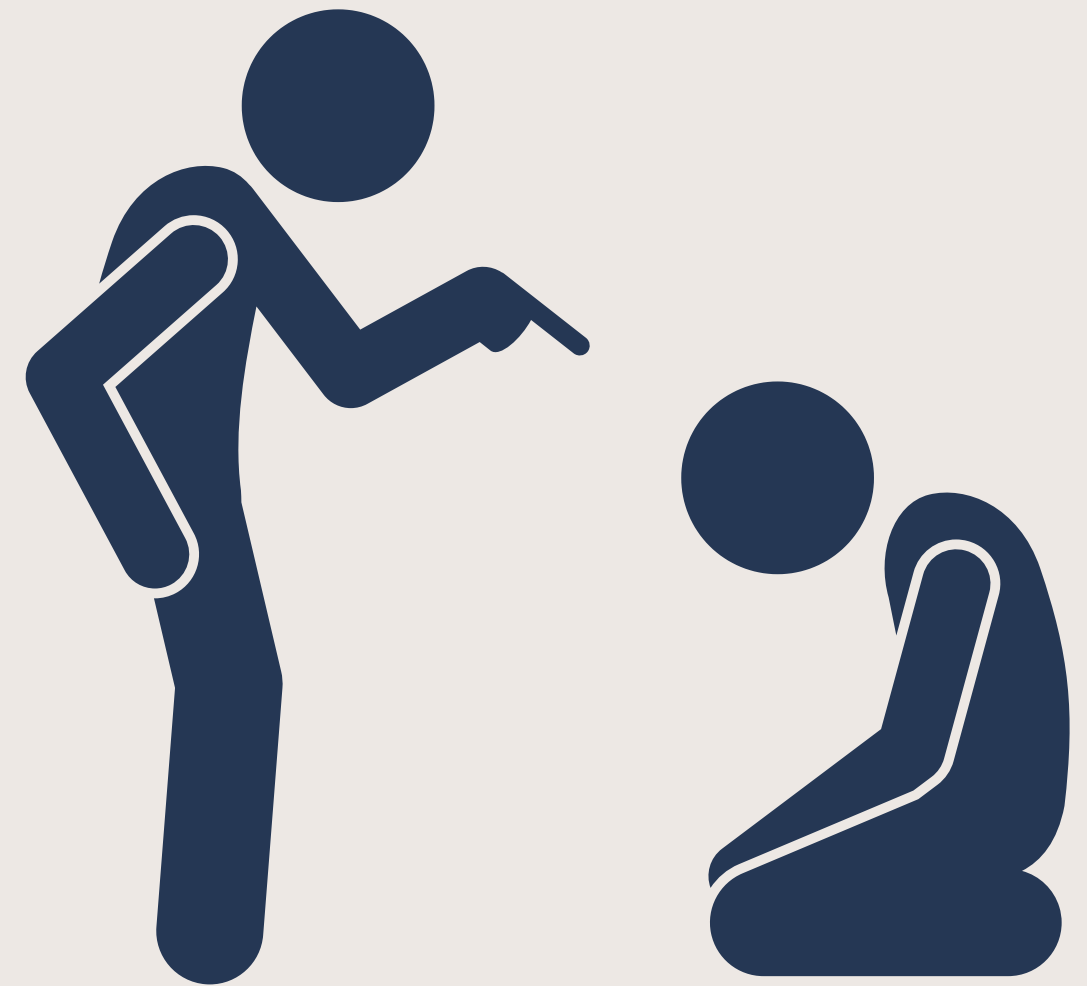


# SCIENCE BEHIND IT



# WHAT IS AN **INNER CRITIC?**

The overly-cautious voice  
inside your head that  
discourages you from taking  
any risk or venturing out the  
safe path it has built for you



# COMMON PERSONAS

**Perfectionist**



**Inner Controller**



**Taskmaster**



**Underminer**



**Destroyer**



**Guilt-Tripper**



**Conformist**



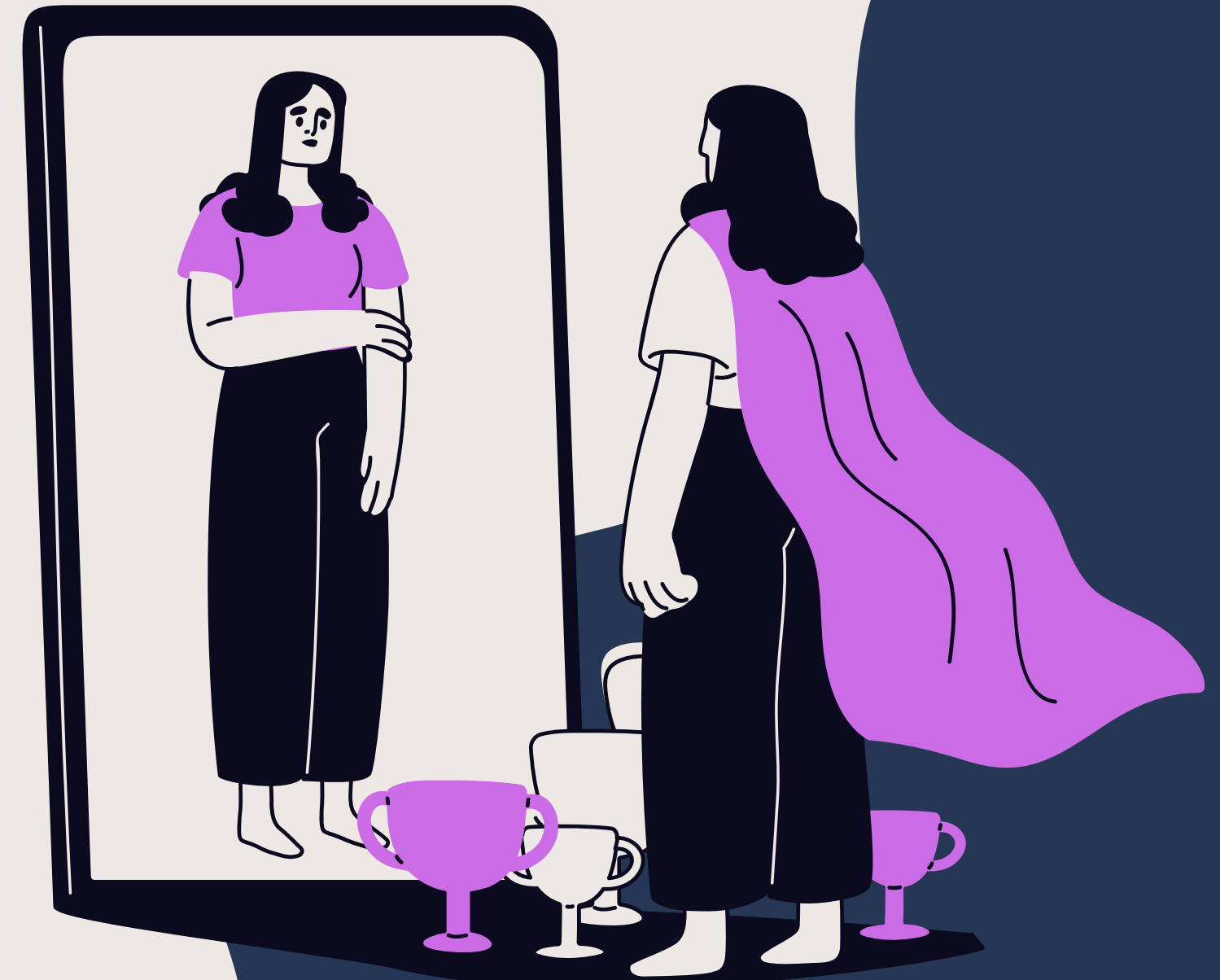


# IMPOSTER SYNDROME

- 1978 – Rose Clance & Suzanne Amet
- “The Imposter Phenomenon”

“I have written 11 books, but each time I think, ‘Uh oh, they’re going to find out now. I’ve run a game on everybody, and they’re going to find me out.’” – Maya Angelou

70% of people experience imposter syndrome



# EXAMPLES INNER CRITIC TALK

**1**

"You're not good enough"

**2**

"What if I fail?"

**3**

"You should be working harder."

# WHAT IF IT MOTIVATES ME?



# WHAT NOT TO DO



Ignore the  
critic  
completely



Using toxic  
positivity



Letting the  
critic speak  
unchecked



Expecting  
instant results



Comparing  
your progress  
to others

# WHY DO WE HAVE AN INNER CRITIC?





## Identifying your critic

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Prompts (5 min):

- What does my Inner Critic sound like?
- What are common phrases it says to me?
- If my Inner Critic had a name what would it be?

Share (2 min)

- Share the name of your inner critic with a partner





IF WE HAVE A  
**INNER CRITIC,**  
DO WE ALSO  
HAVE AN **INNER**  
**MENTOR?**

# WHAT IS AN **INNER MENTOR?**

the internal voice that guides you toward growth, confidence, and self-trust. it represents the best version of yourself or the person you are capable of becoming



# SUCCESS STORIES



# WHY DO WE IGNORE OUR INNER MENTOR?

1. Our Brains are wired for negativity
2. Inner critic feels “protective.”
3. Fear of change & the unknown
4. Societal upbringing
5. Big-picture vs. immediate safety



# EXAMPLES INNER MENTOR TALK

**1**

"You can do this."

**2**

"Every successful person has failed. What matters is that I keep going."

**3**

"You are enough."



## Rewording

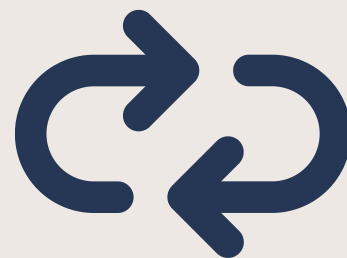
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- Now that we have learned more about it try to rewrite the thought from the first activity as if your Inner Mentor were speaking (e.g., "I am always learning and growing.").



# THE POWER OF **REFRAMING** **THOUGHTS**

turning criticism into guidance



**EMOTIONAL  
HEALING**

**NEGATIVE  
THOUGHTS**

**POWER OF  
SELF-  
COMPASSION**

**HARSH SELF-  
TALK**

**KINDNESS**

**KEY: ACCEPTANCE  
"THIS IS WHERE  
HABITS ARE  
FORMED"**

**DISTRESS**

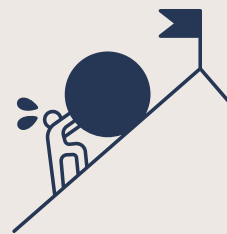
# 3 STEPS TO PUT IT INTO PRACTICE!

01



**Identify the  
Negative thought**

02



**Challenge the  
thought**

03



**Reframe the thought  
with a Positive or  
Empowering  
Perspective**

# STEP 1: IDENTIFY THE NEGATIVE THOUGHT

- You **can't change** what you don't notice
- Negative thoughts often run on **autopilot**, shaping how we feel and act without us realizing it.

**Key: AWARENESS**

*"catching the critic in action."*

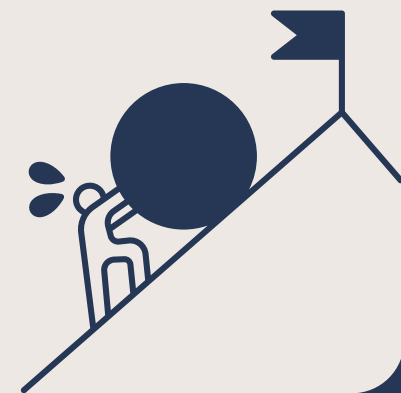


# STEP 2: CHALLENGING THE NEGATIVE THOUGHT

- Just because you **think something** doesn't mean it is **true**
- Negative thoughts are often **distorted**, **exaggerated**, or **based on fear** rather than reality

**Key: WEAKEN THE POWER**

*"open the door for more balanced perspective."*



# STEP 3: REFRAMING THE THOUGHT

- Your brain **believes** what you repeatedly tell it
- **Not Toxic Positivity** – balance and constructive perspectives



**Key: Repetition**

*“build confidence, resilience and self-trust .”*




# Activity 3

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Mediation/Visualization Exercise:

- Get Comfy either in your chair or around the room.
- Close your eyes
- Open your ears to my voice to walk you through meeting your mentor

Reflect on your paper & with your neighbor.



# WHAT ARE SOME WAYS YOU CAN PUT **MASTERING YOUR INNER DIALOGUE** INTO PRACTICE?

Pages 2-4 are some activities that can help implement  
strategies to connect with you mentor

# RESOURCES

## FOR CONTIUED GROWTH



### Podcast

**The Mel Robbins Podcast** offers practical advice on self-improvement, motivation, and mental health, featuring science-backed strategies and personal stories to help listeners take control of their lives.



### Book

**Playing Big by Tara Mohr** is a self-development book that empowers you to overcome self-doubt, trust their inner wisdom, and step into their full potential in work and life.

QUESTIONS?



# THANK YOU!

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