

Positive Inner Voice Template

To think about how to begin to re-train your inner voice to be more helpful and positive (whilst trying to shut out that negative inner voice), it is useful to identify some of the negative things your inner voice already says to you.

Please write down 7 'negative inner thoughts' that you frequently hear in your own head:

1. N/A

2. N/A

3. N/A

4. N/A

5. N/A

6. N/A

7. N/A

Now, imagine a friend was saying the above statements about themselves to you – think about how you would respond to them – what would you say, what words would you use to help them hear it differently and build up their confidence; think about how you would like them to feel differently about what they were saying; think about how you would like them to see themselves in the same way that you do.

Now challenge yourself to apply those same thoughts to your own 'inner voice'. Look back at the 7 statements you wrote about yourself and now re-write them, on the next page, to be a positive statement, so that every time you hear those thoughts again, you can mentally replace them with these new thoughts (just like you helped your 'friend' do):

Wellbeing and Resilience – Inner voice

My positive thoughts

1. N/A

2. N/A

3. N/A

4. N/A

4. N/A

5. N/A

6. N/A

7. N/A