



# TRANSFORMING YOUR INNER VOICE

## A Guide to Nurturing a Supportive Inner Dialogue

## Positive Self-Talk Builder

Welcome to the “Positive Self-Talk Builder.” This worksheet is designed to help you cultivate a more supportive and kind inner dialogue. The journey to transforming your self-talk can be empowering and fulfilling. Embrace this process with compassion and patience.

### Understanding Self-Talk

**Self-talk** is the way we speak to ourselves internally. It's an ongoing dialogue in our minds that can greatly influence our feelings and actions.

- **Negative self-talk** can be harsh and critical, often undermining our confidence and well-being.
- **Positive self-talk** is supportive, balanced, and kind, helping us build resilience and self-esteem.

*Remember: “You can learn to change your inner voice.”*

### Notice Your Inner Voice

Take a moment to reflect on your inner dialogue with these prompts:

- **What negative thoughts do I often say to myself?**
- **When do these thoughts usually show up?**

### Thought Reframing Practice

Use this two-column layout to practice reframing negative thoughts into balanced or positive ones:

Negative Thought	Balanced / Positive Reframe

## Build Your Positive Statements

Complete these sentences to build empowering statements:

- I am learning to...

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- I am capable of...

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- I deserve...

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- Even when I struggle, I...

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## Daily Self-Talk Tracker

Use this simple tracker to observe your self-talk patterns over 5–7 days:

Situation	Negative Thought	Positive Replacement	How I Felt After

## Affirmation Box

Write 1–3 personal affirmations to uplift and empower yourself. Decorate this section with hearts, stars, or any calming icons that make you smile.

*Example: “I am worthy of love and respect.”*

## Reflection Section

Reflect on your journey with kind self-talk. Consider the prompt below:

- **What changed when I spoke to myself more kindly?**

*Use this space to journal your thoughts, insights, and feelings.*

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