

# Whose Voice Is That?

Helps you notice the harsh voice in your head and where it learned to talk that way.

## WHEN TO USE THIS

Use this on a day the voice has been loud.

Write what the voice in your head has been saying today. Word for word if you can.

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Who does it sound like? It might be someone you know, or nobody in particular.

*A parent, a teacher, a coach, an old boss, someone from school.*

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How true does it feel right now?

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|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

Not true at all

Completely true

If that voice belonged to a person in the room, what would you want to say back?

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*The voice picked up its tone somewhere. Knowing where does not fix it, but it loosens it.*