

Name: _____



"Listening To My Inner Voice"

WHAT HAPPENED?

Think about a time when something didn't feel right What happened?

WHAT DID YOU NOTICE INSIDE?

Did something inside you say:

- "That's not right"
- "I don't feel good about this"
- "I should say something"
- Other: _____

HOW DID YOU FEEL?

Circle or check:

- Nervous
- Scared
- Confused
- Uncomfortable
- Other: _____

WHAT DID YOU DO?

Be honest—this is a safe space

- I stayed quiet
- I walked away
- I spoke up
- Other: _____

LET'S THINK ABOUT IT (CBT)

Thought:

Feeling:

Action:

LISTENING TO MY INNER VOICE

What was your inner voice trying to tell you?

Next time, I can say:

- "That's not nice"
- "Stop"
- "Leave them alone"
- "I don't like that"

BUILDING COURAGE:

Even if I feel scared...

I can still:

AFFIRMATION

"I can listen to my inner voice and choose what's right."