



The Voice I Use With Myself

The way you talk to yourself matters. Your inner voice can either support you with kindness or tear you down with criticism. This worksheet helps you become more aware of your self-talk so you can shift toward more compassionate, supportive language.



1 Notice your inner voice.

Think of a recent situation that was stressful or difficult for you. Write down what happened and the thoughts you had about yourself in that moment.

What happened?

What I said to myself in that moment:

2 Check the tone.

How would you describe the tone of voice you used with yourself?

Check all that apply.

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|---------------------------------------|-----------------------------------|------------------------------------|--------------------------------------|--|
| ☐ Harsh | ☐ Critical | ☐ Impatient | ☐ Dismissive | ☐ Blaming |
| ☐ Discouraging | ☐ Neutral | ☐ Kind | ☐ Encouraging | ☐ Understanding |

3 Compassionate reframe.

Now, rewrite what you said to yourself using a kinder, more supportive voice—like how you would speak to a close friend you care about.

What I said to myself:



What I can say to myself with compassion:

4 Reflection.

What did you notice as you practiced shifting your inner voice?



Be kind to yourself.

You are learning. Every time you notice and choose compassion, you are building a stronger, healthier relationship with yourself.

One kind thing I can say to myself today:
