



The Voice & The Heart

A Guided Reflection

Guided Reflection Journal

Use the prompts below to explore your thoughts and feelings. Allow yourself to be honest and compassionate with yourself. You can use your journal or just grab a piece of paper.

1. **What emotions am I experiencing right now?**
2. **What is my inner voice telling me?**
3. **What thoughts are contributing to these emotions?**
4. **What my conscious hear?**
5. **What I can do to hear right now with compassion?**
6. **What is one small act of self-compassion I can offer myself today?**

Mindfulness Practice: Befriending Your Inner Voice

Follow these steps to cultivate a more compassionate relationship with your inner voice:

1. **Find a quiet space:** Sit or lie down in a comfortable position.
2. **Bring awareness to your breath:** Notice the sensation of each inhale and exhale.
3. **Acknowledge your inner voice:** Listen without judgment. What is it saying?
4. **Offer compassion:** Imagine listening to your inner voice as if it were a movie. Acknowledge its presence and refrain from interaction. Just observe.
5. **Reframe negative thoughts:** If your inner voice is critical, gently allow it to pass through you. It's just a thought that creates emotions. For example, observe the inner dialogue change; it may shift from "I'm not good enough" to "I am doing my best." Just observe, do not interact. Let it unfold with compassion. Open your mind to stillness. Now awareness awaking.
6. **Repeat daily:** Consistent practice will help you build a stronger, more compassionate connection with yourself.

Closing Reminder

Remember, healing is a journey, not a destination. Be patient with yourself, and stay aware of your inner voice and your heart. You are worthy of love and compassion.

You've got this!