

Internal Dialogue



Worksheet



Thank you for downloading this worksheet! It is one of three worksheets that I have used with my clients for many years.

The purpose is to help you unlock your awareness of the dialogue happening in your mind between you and your subconscious selves. I say “selves” because often discovered, through this exercise, are a number of subconscious “selves” like the inner cheerleader, optimist, or the critic. I use the term “selves” and not “voices” because some people have inner dialogues that show up in symbols and feelings, rather than voices. It is not either/or though, it is commonly a combination of both.

I recommend you repeat this worksheet daily for at least a week and for as long as you feel you are gaining benefit. This will help you develop your self-observer and over time paying attention more acutely to what is happening in your head will become automatic and natural.

Being observant and knowing what is going on inside your head is foundational to taking control of your life. Once you can observe what the brain is doing, we can learn strategies to manage better or identify and shift the things that are not working for us. Also, we can enhance the things that are working!

You can supercharge this exercise’s effect by silently setting an intention with a phrase like, "As a result of this exercise, I am cultivating an automatic awareness of my inner conversations, fostering deeper self-understanding and clarity in my mind."

I truly hope this helps you on your path to becoming your best self. Reach out to me [@CoachLifeDesign](#) on IG, or [Facebook](#) to let me know how it goes and stay tuned for more to come!

Worksheet Directions (page 2):

Think about a conversation you have had recently. In the first column write the actual conversation. Start with “speaker1” and then “speaker 2”, alternate documenting the conversation by speaker as it happened. In the second column write down what you were thinking (or symbols) that come to you while the words were being said for both speakers. In the third write down any feelings you had.

Each time you complete this, take some time to reflect taking note of any themes that are arising and whether you can identify any patterns that might be described in the archetypes examples I have put on **page 3**. I have left blank spaces in that sheet for you to make notes or make up your own archetypes.

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Architype Examples/Notes

Architype	Description	You Identify
The Optimist	Sees the bright side of things and senses the outcomes will be good. "I am sure they are wrong and everything will be fine."	☐
The Distractor	Pulls attention away from the conversation, to unrelated thoughts. "What time is it, am I going to be late-what is for dinner tonight?"	☐
Inquizitor	Always curious to know more. Asking question and seeking resolve through knowledge, curious. "What about _____,"	☐
The Doubter	Questions your worth, decisions, or abilities, "Am, I even making sense?" "I sound clueless."	☐
The Manager	Tells you what to do, it may or may not be the best thing for you.	☐
The Anchor	Soothing, calming, you might hear "I'am calm", "everything will be fine."	☐
The People-Pleaser	Looks for approval and cares most about being liked. "I can't say that; it might upset them." "I can skip your workout, they need me."	☐
Empath	Sees and feels others perspectives, at times taking on others troubles and joys as their own. "Wow, that must be amazing, (or intense)."	☐
The Analyzer	Dissects the conversation and overthinks everything, sometimes it is hard to listen. "What is the hidden meaning here?"	☐
The Cheerleader	Boosting confidence and motivating engagement, "You've got this." - "Just go, it will be fun."	☐
The Defender	Feels the need to justify or protect themselves, combative, reactive.	☐
The Entusaist	Brings energy and excitement, "This is so fun." - "I love this conversation"	☐
The Avider	Urges you to steer clear of conflict. "just change the subject.", "Don't bring that up; it is too risky."	☐
The Listener	Encourages listening, presence, "Ok, stay present, listen closely."	☐
The Storyteller	Creates narrative or assumptions about the other person's intentions or the situation. "They're only saying that because they're jealous."	☐
The Worrier	Anticipates worst-case senarios or negative outcomes. "This is going to ruin everything."	☐
The Critic	Boldly lets you know when you have screwed up, often degrading esteme and confidence. "Oh, I really screwed that up. It figures you are always going to screw up somewhere."	☐
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