How Do You Speak To Yourself?

InsightTimer

Created in collaboration with anxiety expert Scarlett Grace Jeffrey, MBACP

The way we talk to ourselves shapes our confidence and self-worth. This worksheet guides you to identify your inner voices: the critical, the supportive, and the nurturing. You'll learn how to encourage your inner coach and nurturer, helping you explore your self-talk and speak to yourself with more kindness and strength.

The Scaremonger

The Scaremonger tries to convince you that everything will go wrong, focusing on all the possible bad outcomes and feeding your anxiety by making you feel constantly close to failure or misfortune.

When You've Gone To Worst Case Scenario

The Neglector

The Neglector ignores you and invalidates your feelings, telling you to just get on with it. They may even bring in the Bully or Scaremonger for support, leaving you feeling unseen and unaccepted.

Inner Child Validation

The Bully

The Bully criticizes you harshly, picks on your appearance, and makes you feel never good enough. Their constant attacks can seriously damage your self-esteem.

Pause The Self-Criticism

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The Nurturer

The Nurturer offers compassion and support, letting you feel what you need to and reminding you it will pass. They value rest, know you're doing your best, and accept you as you are.

It's Going To Be Ok

The Leader

The Leader doesn't seek approval from others. They step into their power, take action when needed, and quiet the bully because they know their worth. The Scaremonger doesn't frighten them, as they trust themselves to find solutions.

Confident Fearless You

The Coach

The Coach reminds you that "you've got this" and encourages you to do your best, while reminding you that perfection isn't the goal. They aren't harsh when you make mistakes, but help you grow and think logically, with zero tolerance for bullies.

Permission To Be Unavailable