

# Different Types of Inner Voices



Nice  
Kind  
Tender  
Gentle  
Benevolent  
Friendly  
Pleasant  
Agreeable  
Relaxed  
Likeable  
Trustworthy  
Spontaneous  
Caring

Mean  
Nasty  
Hard-hearted  
Brutal  
Heartless  
Unfriendly  
Unpleasant  
Disagreeable  
Tense  
Hateful  
Untrustworthy  
Stiff  
Careless

Empathetic  
★ Encouraging  
Coherent  
Altruistic  
Inspirational ★  
Motivational  
Helpful  
Attentive  
Accommodating  
★ Authentic  
Compassionate  
Courteous  
Harmless

Callous  
Discouraging  
Incoherent  
Selfish  
Uninspiring  
Disheartening  
Unhelpful  
Inattentive  
Unaccommodating  
Fake  
Compassionless  
Rude  
Harmful



# POSITIVE VOCABULARY FOR SELF-TALK



## MOTIVATION

- ✓ You can do it.
- ✓ It's not that difficult.
- ✓ It's very easy.
- ✓ Keep going.
- ✓ You are stronger than you think.
- ✓ You will succeed.
- ✓ You are courageous.
- ✓ You are talented.
- ✓ You can climb this mountain.

## ENCOURAGEMENT

- ✓ You are enough.
- ✓ Don't give up.
- ✓ Don't be afraid.
- ✓ Look how far you have come.
- ✓ Don't cry over spilt milk.
- ✓ What matters is the future.
- ✓ You still have enough time to do it.
- ✓ Don't panic, everything is fine.
- ✓ It's not as bad as you think.

## CONGRATULATIONS

- ✓ You deserve it!
- ✓ Wow, that's a good job!
- ✓ This looks wonderful.
- ✓ You look great.
- ✓ Enjoy your success.
- ✓ You are successful.
- ✓ I couldn't have done it better.
- ✓ Your efforts are paying off.
- ✓ Oh, this is beautiful!

## MORAL SUPPORT

- ✓ Everything will be all right.
- ✓ You are not helpless.
- ✓ You are not alone.
- ✓ You can still do something.
- ✓ Look at yourself in the mirror.
- ✓ You exist.
- ✓ You are a wonderful human being.
- ✓ You are a good friend.
- ✓ Count your blessings.



# SELF-TALK: VOCABULARY TO BAN



## DEMOTIVATION

- ✓ You can't do it.
- ✓ It's very difficult.
- ✓ It's not easy at all.
- ✓ Stop everything.
- ✓ You are a weakling.
- ✓ You will not succeed.
- ✓ You are not courageous.
- ✓ You are not talented.
- ✓ You cannot climb this mountain.

## DISCOURAGEMENT

- ✓ You are not enough.
- ✓ Just give up.
- ✓ Be afraid.
- ✓ You still have a long way to go.
- ✓ You'll regret this forever.
- ✓ What matters is the past.
- ✓ You don't have enough time.
- ✓ Panic, everything is wrong.
- ✓ It's worse than you think.

## CRITICISM

- ✓ You don't deserve it!
- ✓ Yikes, that's a horrible job!
- ✓ This looks awful.
- ✓ You look terrible.
- ✓ This is not the end of the road.
- ✓ You are a failure.
- ✓ I can do this way better than you.
- ✓ You didn't work hard enough.
- ✓ Oh, this is ugly!

## MORAL SUPPORT

- ✓ Everything will go wrong.
- ✓ You are helpless.
- ✓ You are alone in this cruel world.
- ✓ It's over.
- ✓ Don't look at yourself.
- ✓ You don't exist.
- ✓ You are a horrible human being.
- ✓ You are a bad friend.
- ✓ You don't have blessings to count..