

# INNER DIALOGUE

## EXERCISE

**Everyone experiences different voices going on in their heads. Typically, these voices can be narrowed down to two types of voices.**



### **YOUR FEAR VOICE**

This voice conveys messages that are self-destructive and is often referred to as the critic, the judgmental voice, the hard-on-you voice, the voice that puts you down, the voice that tells you that you better keep doing more and more even though you are exhausted.



### **YOUR INNER TRUTH VOICE**

This voice provides loving guidance. This is the voice that encourages you, the voice that loves you unconditionally, the voice that supports you to see your Truth, the voice that empowers you. You may also call this voice your Inner Wisdom, Empowered Self, or whatever name fits you.

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By the time most people reach adolescence, they are used to hearing the voice of fear far more than hearing the voice of their Inner Truth. To listen to the messages of your Inner Truth, you have to consciously decide to build your relationship with this voice.

To do so, you need to take time to step back and listen to what is happening within you rather than continue to fall back on auto-responses created by the unconscious fears of your ego.

**Inner Dialoguing is a way to converse with the parts of yourself that oppose one another.** Inner Dialoguing creates a back-and-forth conversation between your ego and Empowered Self.

# INNER DIALOGUING

## STEP 1

**Allow your fear voice to go first.** It wants to be heard, so let it. Allow it to come clean with what is really bothering you and all the associated pain.

*\*If your fear voice tends to bully you, then you can set a timer for 5-10 minutes for it to share. You stop once the alarm goes off, no matter what your fear voice tells you.*

## STEP 2

**Invite your Inner Truth to the conversation.** Ask yourself how your Inner Wise Self or Empowered Self would respond. Alternatively, if you feel a disconnection to the voice of your Inner Truth, imagine conversing with someone who represents unconditional love and lean into how they would respond.

*\*If you feel like you have drawn a blank during your Inner Truth's turn, give yourself the green light to express what is coming up for you. Let your concerns be told, whether you worry you lack connection to your Inner Truth or whatever else is troubling you. Then, ask your Inner Wise Self if these concerns are valid and see what type of response you get. Then, discern whether the answer sounds like fear or your Inner Truth? If your ego still takes the lead, share your feelings about this.*

## STEP 3

**Allow your fear voice to respond to your Inner Truth.** Your ego will often share doubts and fears about what your Inner Wisdom just shared. Permit your fear to be shared openly and set a timer.

## STEP 4

**Again, allow your Inner Truth to respond.**

## STEP 5

**Keep the dialogue flowing until you feel clear about how you are being guided to respond to the situation from your Inner Truth.** All you are looking for is your next step and to take this step in confidence.

- Some worry that the process will continue forever, as the ego tends to be a brute. The ego will stop, however, because it will naturally run out of excuses. The same stories that try to deflate you or make you powerless keep appearing. By being on the lookout for such stories, you will soon find yourself bored by what the ego is telling you. You become less reactive to your ego's stories because you begin to recognize how often your fear has used these lies to take you away from your joy. This is when you realize that whatever sense of safety your fear is trying to persuade you toward is not worth the hefty price of losing your true self.
- Keep the focus on how you are to move forward and what you are being called to do next from the standpoint of your Inner Truth. Questions that ask why fuel the ego's ability to make you feel powerless.

## STEP 6

**Finish when you experience a clear step, you can commit to taking action in the near, if not immediate, future.** Give thanks to your Inner Truth for the guidance you received.



## INNER DIALOGUING CAN LOOK LIKE THE FOLLOWING:

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**Fear:**

**Inner Truth:**

**Fear:**

**Inner Truth:**

**Fear:**

**Inner Truth:**

And so on, until you feel complete.

*Be prepared for your fear to say a lot more because the ego likes to whine and carry on.  
Your Inner Truth will be shorter, clearer, and more succinct.*

**Your effort toward taking the time to dialogue with yourself is worth it!  
By trusting your Inner Wisdom, you strengthen your self-trust and confidence  
and lessen your ego's hold on you.**