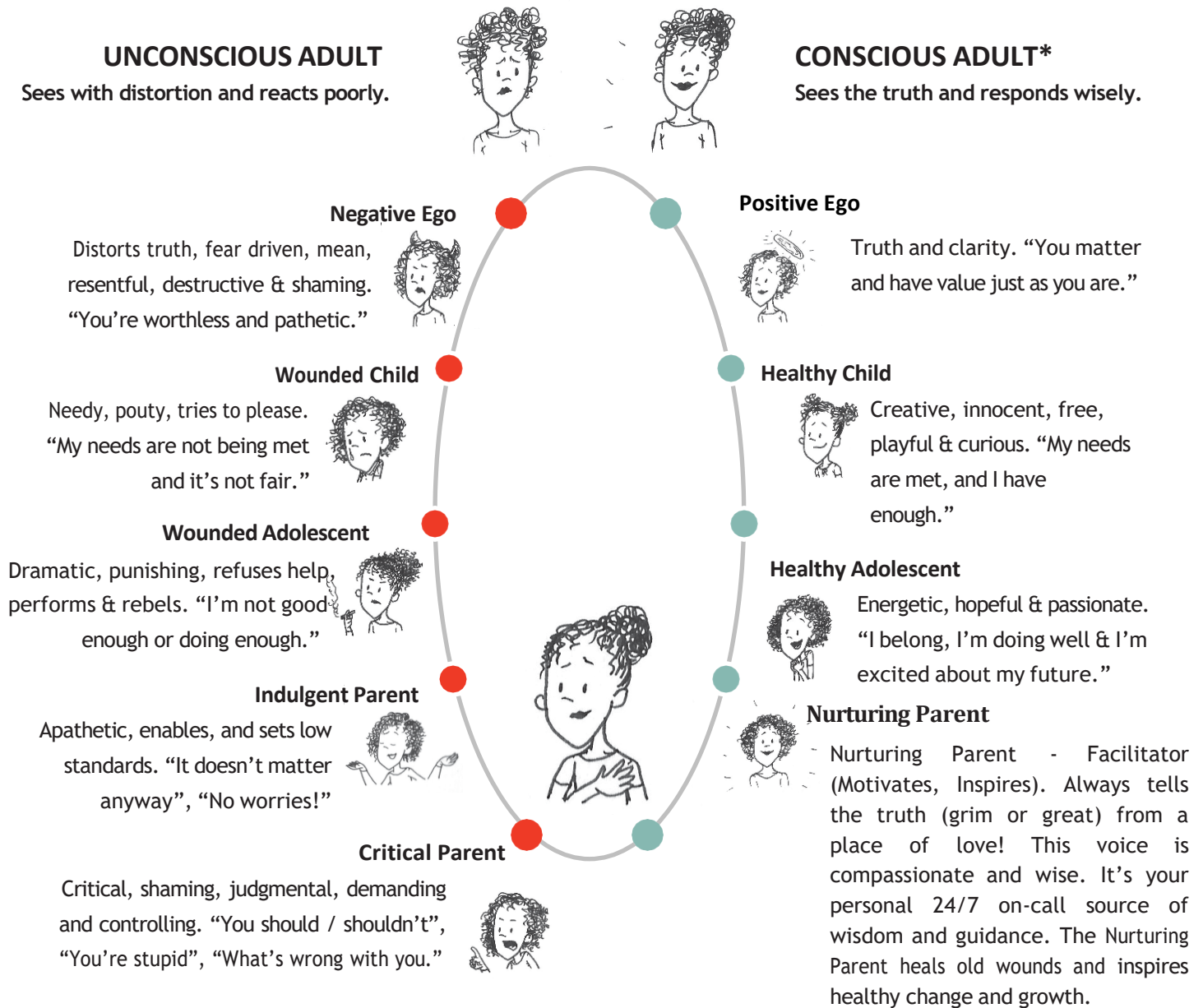


# HEALTHY INNER DIALOGUE!



## SKILL BUILDING:

### Unconscious Adult

Turn up the volume on the self-defeating voices of your Unconscious Adult. Each of their stories while may sound rational and may even offer valuable insight, their messages create mental obstacles and are distorted and misguided!

### Conscious Adulthood

Now turn up the volume on your Conscious Adult, the synergy of your Positive Ego, Healthy Child, Healthy Adolescent, and Nurturing Parent. Listen to their life-affirming messages. How would you describe the energy of these messages. Your Nurturing Parent helps us process our thoughts and emotions and guides us to become our most conscious adult self. The goal is to have your conscious adult in the driver's seat of your life rather than your Unconscious Adult!

**REFLECTION PROMPTS:**

**What are the main messages of your Unconscious Adult?**

These messages typically focus on telling us that we are **NOT ENOUGH** and/or we are **TOO MUCH**.

Consider the messages you heard from those well-intentioned adults when you were young.

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**What are the main messages of your Conscious Adult - Nurturing Parent?**

Consider what you would tell yourself if you were being your best friend?

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**Identify strategies and/or practices for becoming more aware of your Unconscious Adult:**

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**Identify strategies and/or practices for fortifying and/or returning to your Conscious Adult:**

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