

# TRUE-U

## Understanding Your Inner Dialogue

A reflective tool to help you become more aware of your internal conversations and develop a more supportive inner voice.

We all have an internal dialogue that shapes how we see ourselves and the world.

### 1. Becoming Aware

*What thoughts run through your mind on a typical day?*

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### 2. Identifying Patterns

*Are your thoughts generally critical, supportive or neutral?*

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### 3. Triggers

*What situations tend to influence your inner dialogue the most?*

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### 4. Emotional Connection

*How do these thoughts affect how you feel?*

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### 5. Challenging Your Inner Voice

*Are these thoughts factual or based on assumptions?*

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### 6. Creating a Balanced Voice

*What would a more balanced, realistic inner voice sound like?*

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### 7. Strengthening Supportive Dialogue

*Write examples of kind, supportive statements you can use.*

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### 8. Daily Practice

*How can you check in with and gently guide your inner dialogue each day?*

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