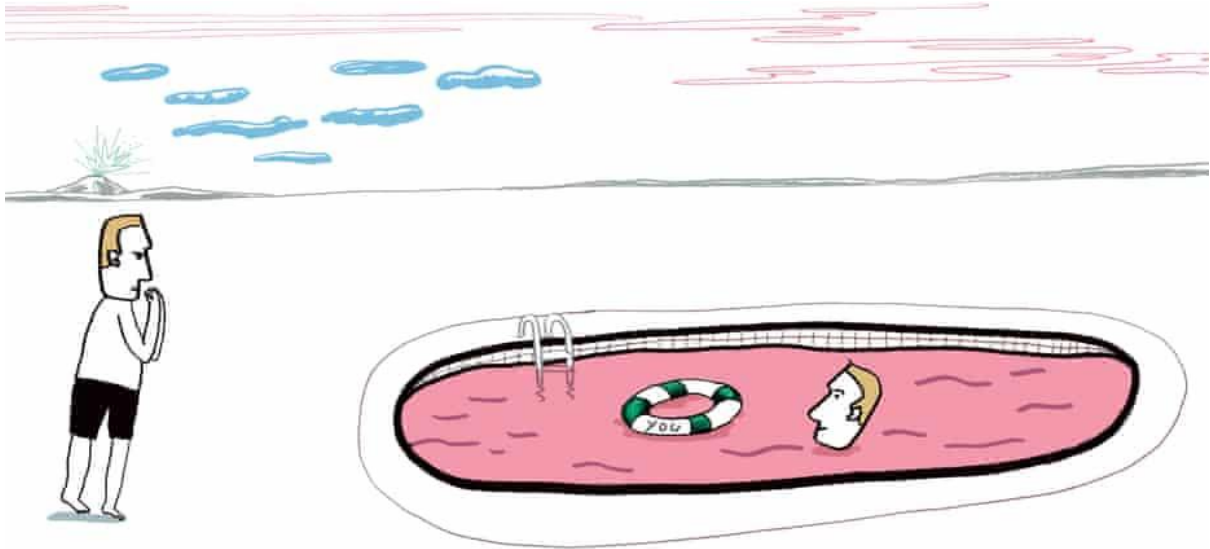


Wellbeing Tip of the Week

Challenging our inner voice



Most of us have an internal voice that narrates our stream of thoughts. At times, this voice can be quite critical and can negatively affect our self-esteem. It might tell us that we're not smart, or that we're unattractive, or not good enough. It's likely this critical inner voice developed at an early age, after hearing hurtful things being said towards us or others. These critical thoughts don't do us any good, they just hold us back and make us unhappy. The only way to stop them, is to stop believing them, which takes practice.

Every time a self-critical thought pops into your head, you have the right to challenge it: Is this thought true? Where did the thought come from?

Respond to the thought the way you would if it was a friend who had said this about themselves, with compassion and kindness.

What are these thoughts stopping you from doing?

What thoughts would be more helpful to have?

Try to replace the negative thoughts with helpful thoughts. Stand up to that inner voice and tell it that you are important, you have value, and you can achieve anything you set your mind to!