



# Self-Talk Awareness Tool

*A gentle way to notice how you speak to yourself and how it shapes your inner experience.*

**When something feels difficult, uncomfortable, or imperfect, what does my inner voice usually say?**

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**How does this kind of self-talk tend to affect my emotions, energy, or willingness to continue?**

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**If I imagine hearing these same words spoken to someone I care about, what stands out to me?**

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*Noticing your inner dialogue is an act of awareness, not judgment.*