



Self-Guided Coaching

Dena Warfield .com
Dena@DenaWarfield .com
Medium.com/ @denaWarfield

Critical Inner Voice Worksheet

INSTRUCTIONS

The following exercise is provided as an aid to assist you in identifying and becoming aware of your **Negative Heart Beliefs**. Make sure that you allow adequate time to be still and quiet any distracting thoughts. The examples below may give you some ideas about the thoughts and voices you hear.

The thoughts may come in keywords or phrases or feelings instead of complete sentences. If so, write down what you hear and turn them into complete sentences later.

It also may take several settings before you complete all the questions. It's better to take your time and do a thorough evaluating instead of rushing through. Your **Negative Heart Beliefs** did not develop overnight. They aren't going to disappear overnight.

Journaling

You may want to journal your thoughts on a daily basis. There are several online apps, such as Thought Diary for Android. Etc. I keep Thought Diary on my phone and when I become aware of a negative thought or feeling I make an entry in my Diary.

You can enter as much or as little as you want. Make sure it's enough for later evaluation. It's best if you can write down the whole thought, like, "I'm not wanted", "I'm not good enough", "You're right, I'm wrong", "I can't do anything right" then expound on it later.

QUESTIONS

1. When I evaluate my thoughts, I realize that I need the most attention with the following Negative Heart Beliefs, as listed above...
2. When I evaluate my Negative Heart Beliefs, I see that they have caused me to believe these things about myself...
3. When I evaluate what I believe about myself, I see that these Negative Heart Beliefs cause me to behavior in this way...
4. When I listen to the language I use in conversations, I see that my language is affected by my Negative Heart Beliefs in this way...



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5. I realize my Negative Heart Beliefs are negatively affecting how I treat myself in these ways...
6. I realize that my Negative Heart Beliefs and language reflect the past rather than the present or future in these ways...
7. I realize that my Negative Heart Beliefs are affecting my overall mental and physical health in these ways...
8. I realize that my Negative Heart Beliefs are affecting my work/career in these ways...
9. I realize that my Negative Heart Beliefs are affecting my relationships in these ways...
10. I realize that my Negative Heart Beliefs are affecting my overall lifestyle, how I spend my time and my abundance in these ways...
11. When I evaluate the Negative Heart Beliefs that go through my mind, I realize that they are affecting my emotional life – joy, satisfaction, love, happiness, fulfillment - in these ways...
12. My Negative Heart Beliefs are affecting my spiritual life in these ways...
13. Now that I have become aware of how my Negative Heart Beliefs have affected my relationships, health, work/career, lifestyle, emotional and spiritual life, I know what matters most to me and what I need to begin changing right now...
14. If I were going to improve my thoughts on an ongoing basis, I will have to start...
15. The three thoughts/habits that I could begin immediately to change in my life every single day would be...
16. Sit quietly, relax and get a vision of what this next season in your life looks like. Keep persevering until the whole picture emerges. Write down what you see.
17. I am moving into, a new season, calling, revelation, response, role, or something else...

Make a list of your negative thoughts. Find an opposite for each negative thought. For example:

- People need to change for me to be happy.
 - My happiness doesn't depend on anyone else.
- I worry about everything.
 - I going to change my worry into the peace that God gives.
- I'm always wrong.



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- I made a mistake. It's okay. I forgive myself.

18. My Negative Thoughts and the Opposite Thought: