

Self-Talk Awareness Tool

Purpose

The way you speak to yourself matters.
This tool helps you notice your inner voice with awareness—not judgment.

Step 1: Notice the Moment

Think about a recent mistake, misstep, or uncomfortable moment.

What did your inner voice say?

Step 2: Name the Tone

Which tone fits best?
(Check any that apply.)

- Critical
 - Harsh
 - Pressuring
 - Neutral
 - Kind
 - Other: _____
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Step 3: Pause & Acknowledge

Read or say quietly:

"I'm noticing how I'm talking to myself right now."

What shifts, even slightly, when you notice instead of react?

Step 4: Create a Choice

You don't have to force positivity.

One alternative tone that feels more supportive could be:

Bridge the Gap Coaching

Awareness creates choice. Choice creates change—at your pace. The bridge holds while you practice.