

Track an Inner Voice Journal Prompts

WHAT KEY PHRASES OR SENTENCES DOES THIS PRIMARY WOUNDED INNER VOICE USE TO LIMIT YOU? (*MENTAL*)

WHAT EMOTIONS GET EVOKED WITH THOSE PHRASES? (*FEELINGS*)

WHAT BODY POSTURE OR SENSATION IS CONNECTED WITH THIS PRIMARY WOUNDED INNER VOICE? (*SENSES*)

HOW DO YOU IMAGINE THIS PRIMARY WOUNDED INNER VOICE LOOKS? (*IMAGINATION*)