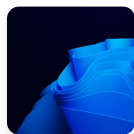


Inner Thoughts

Thinking Good
Changes Lives

An internal monologue, also called self-talk, inner speech, inner discourse or internal discourse, is **a person's inner voice which provides a running verbal monologue of thoughts while they are conscious**. It is usually tied to a person's sense of self. ... It may reflect both conscious and subconscious beliefs.





Resource 1

Avoid negative thinking

It is important to try to **avoid negative thinking in** your internal dialogue. One way to do this is to consciously change what you are thinking. If you 'hear' yourself thinking something negative, focus on something positive instead.

[We Control The Way We Think](#)

The background of the slide features a vibrant outdoor scene. In the foreground, a young woman with curly hair, wearing a plaid shirt, is smiling. Next to her, a young man with short dark hair, wearing a blue and white striped shirt, is also smiling. The background is slightly blurred, showing other people and structures, suggesting a lively outdoor event or festival under a clear blue sky.

Resource 2

The Power Of Your Internal Dialogue

1. Here are 4 ways to talk yourself into higher self-esteem.
2. Harness an internal complimenter.
3. Harness an internal motivator.
4. Call yourself out for cognitive distortions.
5. Develop a kind internal tone.

Only You Control You



Resource 4

Loving Yourself

Compassion for self, self acceptance, self discipline, self care and self love are some of the great qualities we should have or try to at least work on to have and gain throughout our lives. It helps to build a solid foundation of our selves.

There is nothing more important than getting to know your self on every level possible. It leads to opening doors to where one would never think possible.

[Start Loving Yourself More And More Each Day.](#)