

# Worksheet

## self-directed narrative

### finetune your Brain Power

#### 1 Describe your self-talk

Name the thought. Are you filtering, personalizing, catastrophizing or polarizing?



#### 2 Design behaviour Change

Describe the negative thought and behavior that goes with it, How could your new behavior look like?



#### 3 Name your inner voice

Get to know your inner voice and start a conversation. Take notes regularly.



#### 4 Find the need behind

What does your inner voice need and protect you for?



#### 5 List motivating words

Be kind to your inner voice and invite it for a respectful dialogue



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#### When things get rough

Find a partner to step down the "conversational ladder"

