

FAMILY DISCUSSION GUIDE

SELF-TALK

The Voice I Choose

Our words to ourselves shape our feelings, choices, and confidence.

YOU ARE THE BOSS OF YOUR INNER VOICE.

1 NOTICING THE VOICE

What are some things your inner voice says to you?

- When do you notice your inner voice the most?
- Is it usually kind, critical, or both?

2 CHALLENGING THE CRITIC

- What are some not-so-helpful things your inner critic says?
- Are those thoughts always true?
- What could be a kinder, more helpful way to think instead?

3 CHOOSING KIND WORDS

- What are some kind things you can say to yourself?
- How does your body feel when you use kind self-talk?
- How does it help you keep going?

4 PRACTICING EVERY DAY

- What is one way you can practice kind self-talk this week?
- Can we make a family reminder or phrase to help each other?
- Who can help you when your inner critic gets loud?

5 REMEMBER

Your inner voice is still growing. Kind self-talk today builds confidence, resilience, and emotional strength tomorrow.

Pause.

Notice.

Choose.

Believe.

Grow.

REFLECTION TIME



One kind thing I can say to myself:



Something I am proud of:



One challenge I'll face this week and how I'll use kind self-talk:



A kind reminder I want to remember:

Small words.
Big impact.
Every day.

LET'S EXPLORE TOGETHER



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Understanding minds.



Strengthening connections.