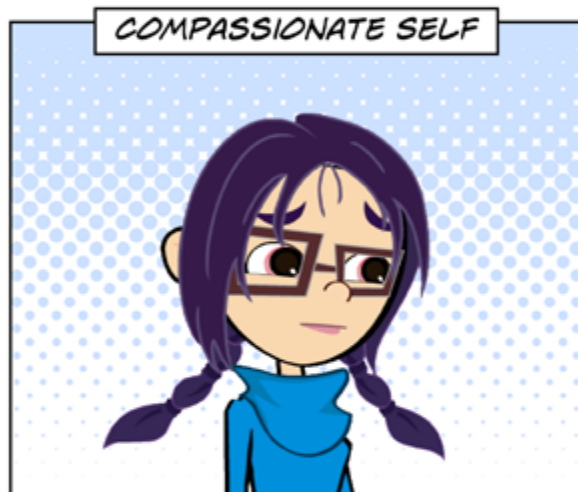
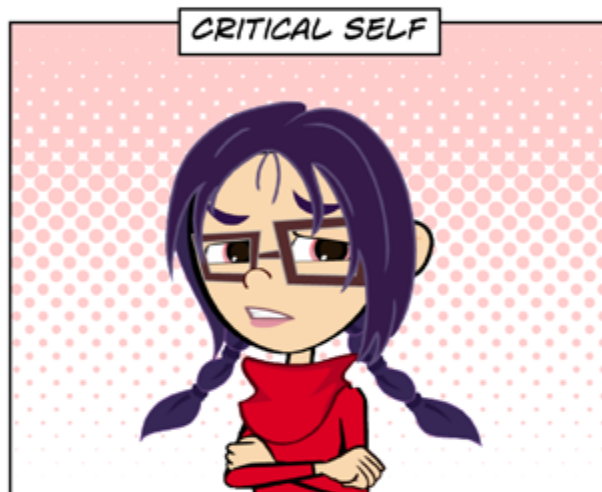


# YOUR INNER VOICE

We all have an inner voice that speaks to us regularly. When this voice is kind and understanding, it can be a great guide to helping you through challenges.

This exercise is all about getting to know your inner voice better. **How do you talk to yourself when you face a challenge?** Are you compassionate? Do you speak to yourself like you are your own best friend? Or are you a little more harsh and critical? Which voice do you think helps you reach your goals?



Read about the challenges on the next few pages and see how a **self-critical** voice (left column) sounds versus a **self-compassionate** one (right column). Then compare how these two different voices affect the character you're reading about.

Use the last two pages to fill in what you think a self-critical and self-compassionate voice sounds like. You can even use the last challenge you faced as an example.

**Next time you have an adversity, take a moment to notice how your voice sounds. See if you can choose to speak to yourself with greater compassion. Speak to yourself like a best friend would speak to you.**

# ADVERSITY

I GOT A REALLY BAD  
GRADE ON THIS TEST!



CRITICAL SELF

HOW COULD I DO  
THIS TO MYSELF?  
ARGH... I JUST MAKE  
MY LIFE HARD FOR  
NO REASON.



COMPASSIONATE SELF

THIS ISN'T THE  
GRADE I WAS  
EXPECTING. I KNOW  
IT'S BECAUSE I  
STAYED UP WATCHING  
TV INSTEAD OF  
STUDYING.



MOM'S GOING  
TO SAY SHE  
TOLD ME SO.  
AND SHE DID.



WE ALL  
MAKE MISTAKES,  
I GUESS.  
MAKING MISTAKES  
IS PART OF LIFE,  
AFTER ALL.



ARRRGH,  
I JUST REALLY  
NEED SOMETHING  
TO KICK.



CRITICAL RESULT

MAYBE I CAN  
JOIN THAT STUDY  
GROUP NELLY WAS  
TALKING ABOUT THE  
OTHER DAY.



COMPASSIONATE RESULT



# ADVERSITY

I DIDN'T MAKE IT THROUGH  
THE CHORUS TRYOUTS...



## CRITICAL SELF

HOW DID GARRY  
MAKE IT? I SING  
WAY BETTER  
THAN HE DOES.



## COMPASSIONATE SELF

I REALLY  
WANTED TO MAKE  
THE CUT, BUT THERE  
ARE ONLY TEN  
SPOTS AND A LOT  
OF OTHER KIDS  
DIDN'T MAKE IT.



UGH, IT'S  
GOING TO BE SO  
EMBARRASSING  
WHEN EVERYONE  
ELSE SEES  
I DIDN'T MAKE  
THE CUT.



THIS FEELS BAD,  
BUT AT LEAST I  
CAN HONESTLY SAY  
THAT I WAS TRYING  
MY BEST AT THE  
AUDITION.



WHATEVER.  
I SHOULDN'T  
HAVE EVEN TRIED.  
I'M GIVING UP  
ON SINGING.



MAYBE I CAN  
ASK THE MUSIC  
TEACHER FOR SOME  
POINTERS AND START  
PRACTICING FOR  
NEXT YEAR.



## CRITICAL RESULT

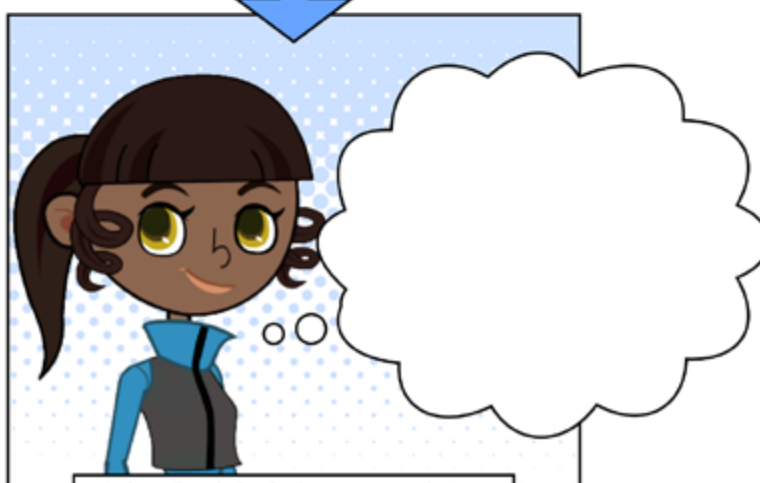
## COMPASSIONATE RESULT

# ADVERSITY



CRITICAL SELF

COMPASSIONATE SELF



CRITICAL RESULT

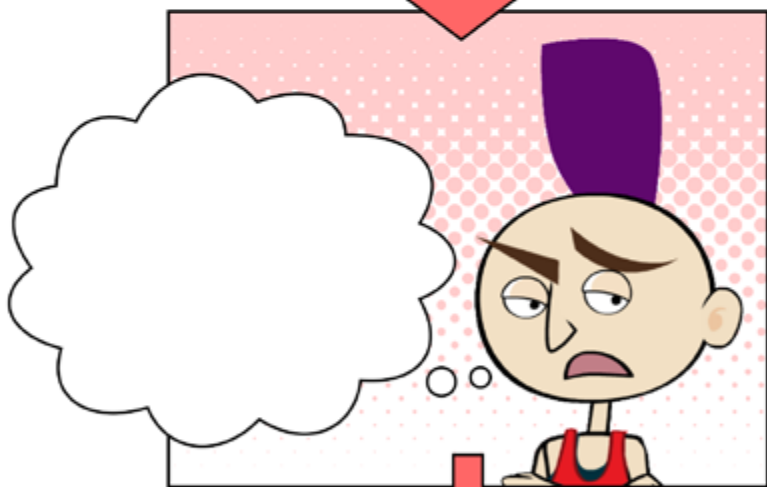
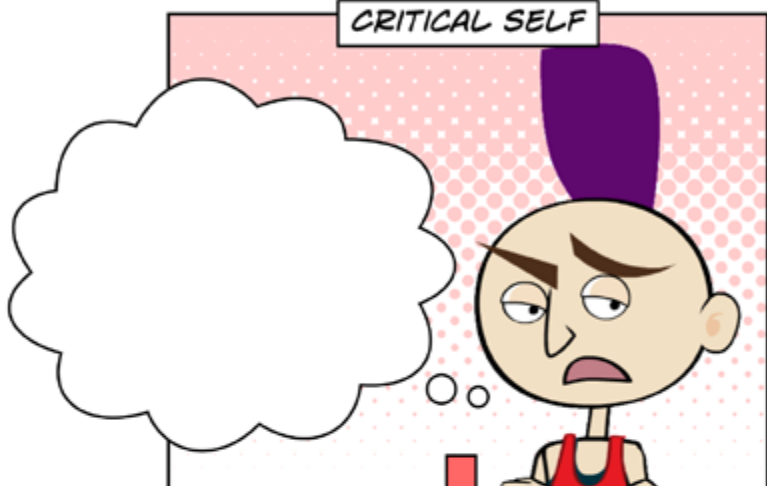
COMPASSIONATE RESULT

# ADVERSITY



CRITICAL SELF

COMPASSIONATE SELF



CRITICAL RESULT

COMPASSIONATE RESULT