Welcome to Week 9

Controlling and working with your inner voice

Do you often find you talk to yourself, or a voice talks to you? Most of us do this, it is an essential way in which we sort out our thoughts. Sometimes though, if we are anxious and stressed we can find that voice starting to become intrusive. It might even sound as if it is telling us off. Now, none of want an inner bully hanging around with us all the time, so what do we do about this.

First of all, we can question it?

A good first question is “Where do you come from?” Just asking the question might give you a light bulb moment – that is my mum who was always criticising me, or perhaps you hear your manager who is a bit of a bully, or someone, from your present or your past with whom you were often in competition.

Whatever your answer just knowing where the voice is coming from can be a tremendous help. After all, you regard your manager as a bit of an idiot most of the time don’t you, so why are you listening to him, and in your own time? Or your mum might have loved you in her own way, but if you had taken her advice you would probably be doing a job you hate and married to someone you never fancied even when you were 14. And who is that ‘competitor’ voice – oh yes, that’s John from marketing. He got that promotion you deserved but that was last year, and anyway you moved on and have a much better time than he does at work.

So it’s time to put those voices in their place. You are in charge after all.

So say, love you Mum, but no I’m not listening to your advice as I walk into the boardroom, you really have nothing to say in this situation. See you Sunday thought! So those voices should be put back in their place. To John, nope you have nothing to say on how I finish this report, I’m going to do it my way. And why should you listen to your manager when you are buying your new outfit. You know what you like and what suits you so silence that voice.



Making the inner voice work for you

So that voice can be annoying. It can even be bullying. How can we work with that inner voice?

**Can your inner voice do anything for you?**

So we have seen how that inner voice can be annoying. It can even be bullying. So it’s best to ignore it or even get rid of it isn’t it?

Not necessarily. It can it be useful as well. If you are feeling the voice is constantly having a go at you then you might get impatient with it, but take a step back and ask yourself if you can use it?

After all, you created this voice in the first place didn’t you? It is doing something for you and that something might have some positive aspects. It is usually the case that everything we create for ourselves has some positive purpose.

**Control the volume, control the tone**

A good start is to control how that voice sounds. Using your built in sound editor can work wonders. It makes the inner voice less intrusive and it also, and even more importantly, shows that you, and not your voice, is in control.

**Talk to your inner voice**

Your voice will often take on the role of telling you what to do to achieve what you want. That can be good can’t it? If the inner voice is telling you what to do ask it more! Why should you do this? How will that help? Sometimes you may find the voice is talking nonsense and pulling things from your past so say ‘no, I don’t think that is right.’ Other times the voice may be onto something. Your subconscious mind may have been cooking up solutions to your particular problem in the background and now they are coming to the surface via your inner voice.

**Is the voice doing you hurt or help?**

So, whenever you hear the inner voice ask yourself is this helping me or hurting me at this moment. Can this voice be useful to me at this time? Again you are in control, so you decide. And if the voice seems to be useful to you then use it exactly as you want.

**Developing an inner coach**

A good idea can be to treat it like your inner coach. Tell it what you want to achieve and discuss what you need to do to get there. Then tell the voice to move away, you’ll call it back when you need it. You are in control.