

## HANDOUT 5-3 Voices: A Few Examples

NEGATIVE VOICES	POSITIVE VOICES
<p><b>The Victim Voice</b> says nothing is ever your fault; you are always a victim &amp; you don't need to take responsibility for your life.</p>	<p><b>The Good Seeker Voice</b> says there is good in everything and will find this goodness, even in difficult situations.</p>
<p><b>The Failure Voice</b> tells you that you are a failure at everything you try and focuses on the past.</p>	<p><b>The Abundance Voice</b> tells you that life's riches are plentiful, and believes that there will somehow always be enough.</p>
<p><b>The Voice of Revenge</b> constantly mutters "just wait," and is biding time until ready to pounce.</p>	<p><b>The Hope Voice</b> assures you that tomorrow will be bright, and has positive expectations about the future.</p>
<p><b>The Self-Doubt Voice</b> constantly plants seeds of doubt in your mind, destroying confidence and killing your tomorrow.</p>	<p><b>The Humor Voice</b> reminds you not to take life too seriously, finds what is silly or fun in everything, and encourages you to laugh.</p>
<p><b>The Egregious Injustice Voice</b> is always telling you you've been wronged and dwells on injustice in every aspect of your life.</p>	<p><b>The Gratitude Voice</b> always looks at the bright side of things, expressing thanks for everything, even in difficult situations.</p>
<p><b>The Famine Voice</b> tells you there will never be enough of anything, causing you to constantly panic over resources.</p>	<p><b>The Creative Voice</b> is all about imagination and innovation, and always finds new ways to approach life.</p>
<p><b>The "Ain't it Awful" Voice</b> tells you that your fate is always awful, and makes a catastrophe out of everything.</p>	<p><b>The Forgiveness Voice</b> encourages you to let go of grudges and anger, and accept others, reminding you that no one is perfect.</p>

*(continued)*

**HANDOUT 5-3 *Continued***

<b>NEGATIVE VOICES</b>	<b>POSITIVE VOICES</b>
<p><b>The Hide Voice</b> always tells you to lie low and not take action.</p>	<p><b>The What Role Did I Play Voice</b> asks you to look at situations to determine how you may have contributed to a negative event, not in order to assign blame, but to help you improve in the future.</p>
<p><b>The Pleaser Voice</b> tries to get you to please everyone, and imposes guilt if you don't.</p>	<p><b>The Faith Voice</b> assures you that whatever life holds, you'll be okay, and draws on a spiritual knowledge that permeates all aspects of life.</p>
<p><b>The Comparison Voice</b> compares everything in your life with what others have, and lets you know how you rank.</p>	<p><b>The Perspective Voice</b> reminds you of the facts and helps you get a grip on reality.</p>
<p><b>The Fix-It Voice</b> claims it's your responsibility to fix everything in your life and in others' lives.</p>	<p><b>The Honor Voice</b> encourages you to admire others and demonstrate your respect.</p>
<p><b>The Perfectionist Voice</b> wants you and everything you do to be absolutely perfect, and will let you know when you fall short.</p>	<p><b>The Optimist Voice</b> reminds you that things will turn out well.</p>