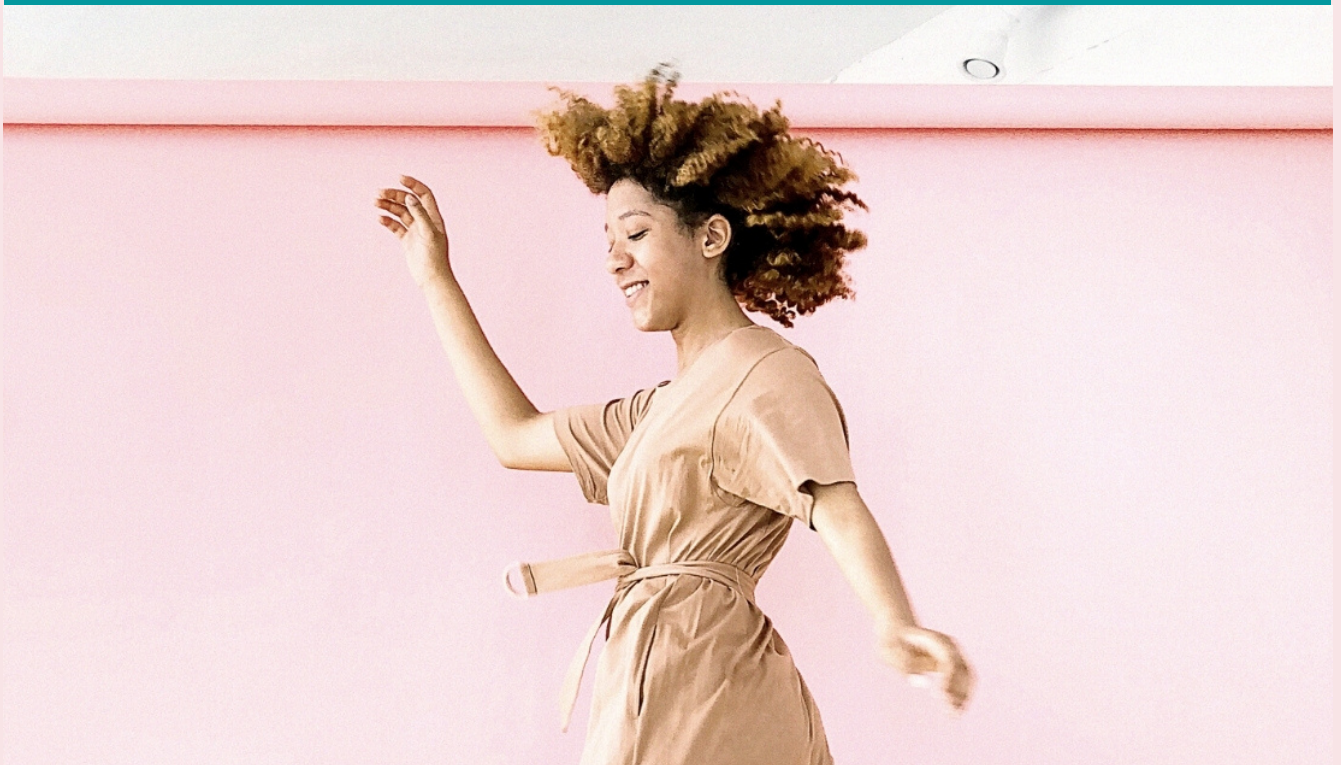




# Create your ideal internal friend

The practical guide to developing  
positive responses and  
supportive self-talk



*"I have not been easy on myself but since Judith's coaching, I have a different perspective on my personal & professional life with kindness and compassion....."*

*Eugenie, artist and advocate*



# Welcome!



- Have you ever talked yourself out of doing something you really wanted to or knew would be good for you?
- Have you ever told yourself you are ugly or stupid or a failure in one way or another?
- Do you ever feel lost in an emotion you don't even understand, and tell yourself that this is just weakness or self-pity and to shake it off?

If you do – you are not alone! Many people have developed an inner voice that gives us tough love and criticism, but also leaves us feeling exhausted, worthless and stops us from pursuing our dreams and goals.

The first step to undoing this damage is to create a friendlier and supportive voice through simple practices, based on real life events.

I am thrilled to have created this self-guided exercise to show you how.

Judith Bowtell is a creative, career and leadership coach, who has supported 100s of people to develop the clarity, confidence and courage to lead more satisfying working lives.

# Supportive Self Talk Guide

Start to develop and practice supportive words and phrases, as you would hear from your ideal internal friend

## WHAT TO DO

Find yourself a quiet place and choose a tool to capture your thoughts and ideas. This can be a journal, sketch book, or even a recording device or camera if that works for you.

Before you start, take a moment to close your eyes, notice your breathing, and generally connect to the space you are in right now.

Pay attention to the sounds around you, the feeling of the chair or ground where you sit, and the feeling of coolness or warmth around you. The more details you notice the better.

When you are ready, start to work through each creative prompt step by step.

*At each prompt imagine a good supportive friend is beside you and tune into what they have to say.*

*Allow them to fully express themselves, giving you all the love and affection they have for you.*

Try not to force an answer that you feel you "should" or are "expected" to give. Be open to new thoughts, ideas and images.

When you finish - give thanks to your inspiration for all it has given you and give yourself a big hug!

### Quick Tips

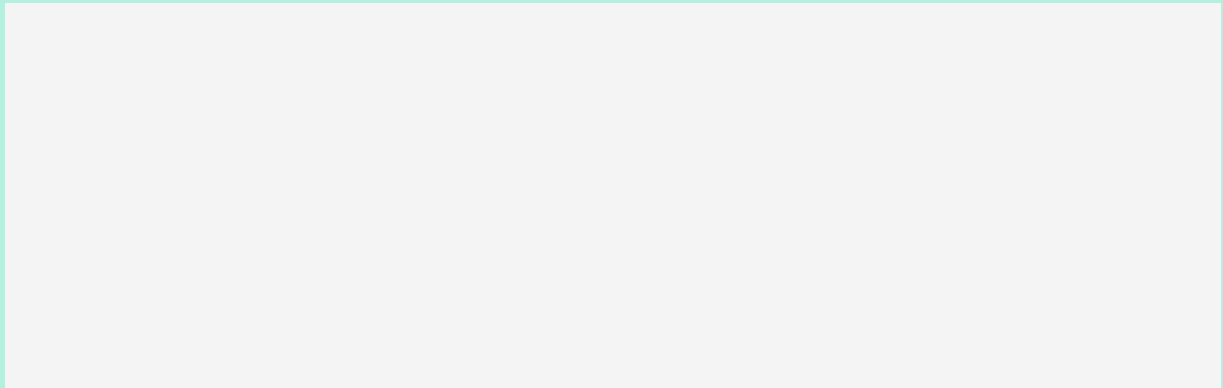
- Let your inner-critic or judge have a holiday for this one!
- If stuck, think about a real friend or someone you imagine would be supportive of you.
- Allow yourself to write junk! Don't get stuck waiting for the perfect answer.
- If you feel uncomfortable or emotional at any point, take note and try to just let the emotion "be" without trying to change or "fix" it. Stay as neutral as you can.
- Remember, no matter what you think about yourself, you deserve to be supported and loved.

# Creative Prompts

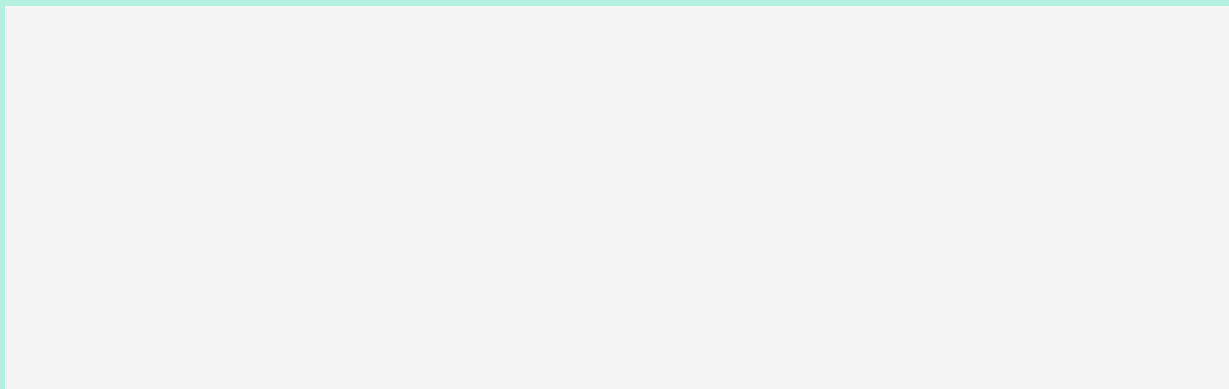
Take your time to work through each prompt as they come and record what your new good internal friend has to say.

**REMEMBER** this is a chance to practice supportive and positive self-talk in different real-life situations. There are no right answers.

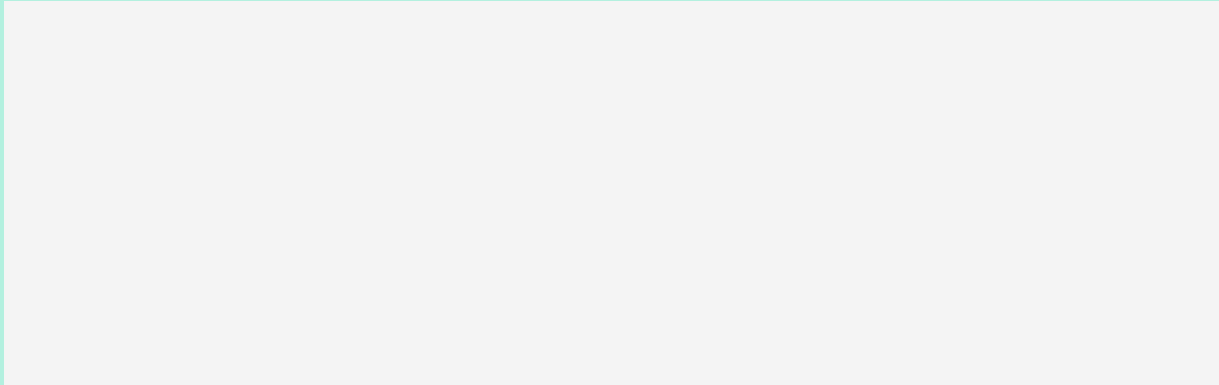
You wake up and go to get breakfast - someone in your house thanks you for cleaning up the kitchen the night before. What does your inner-friend say to you?



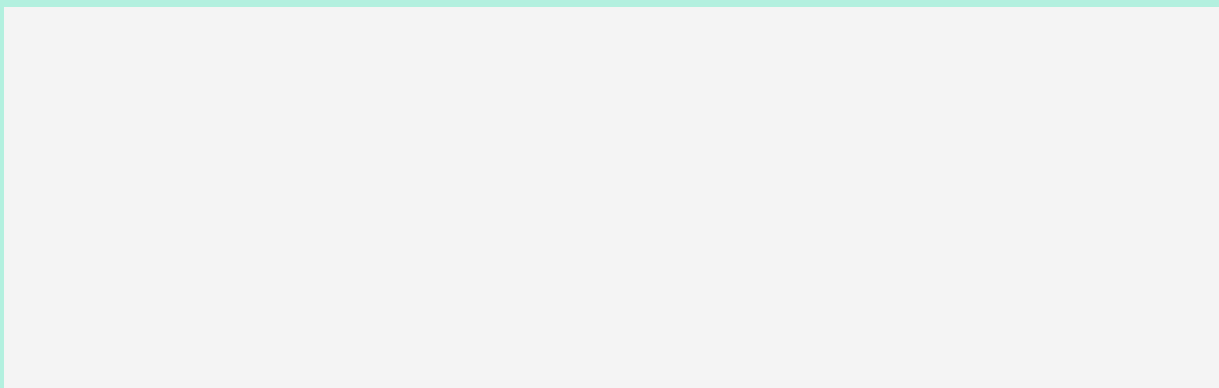
You get to or check in to work - and one of your colleagues gives you a complement. What does your inner-friend say?



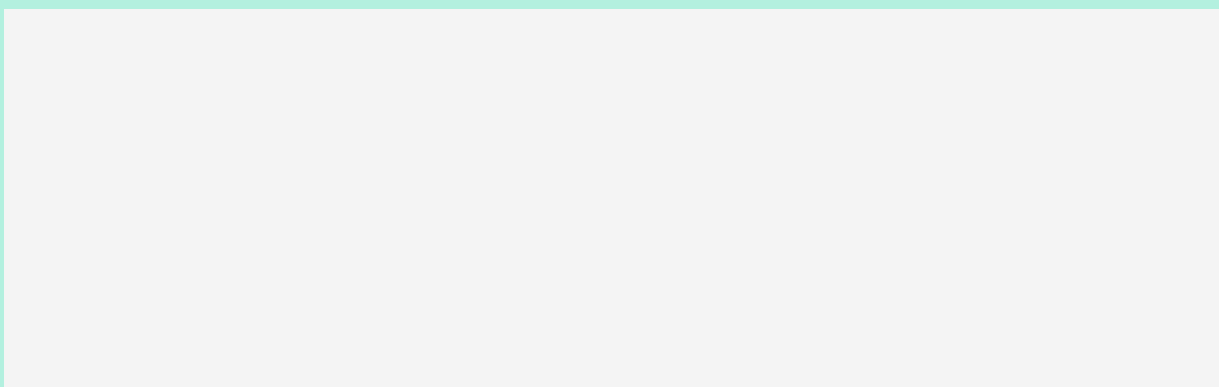
You have a meeting with your boss and they are impressed with progress on a difficult project. How does your inner-friend react?



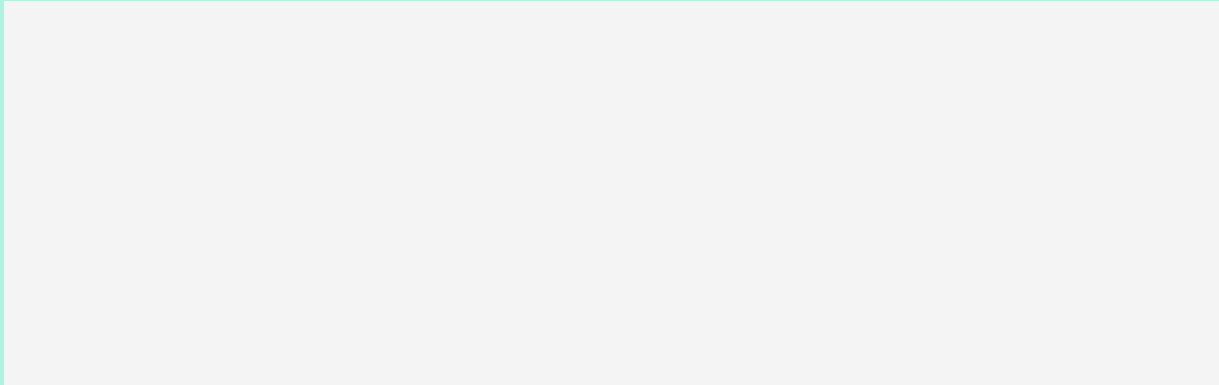
You have a break and get your favourite snack and drink. How does your Inner-friend support your choice?



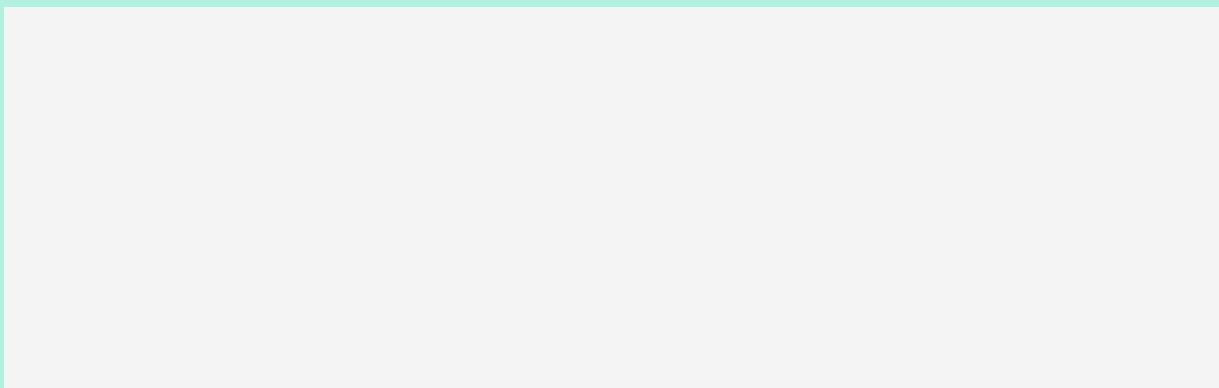
You come back to work and a colleague says your boss has been looking for you? How do you react and how does your inner-friend support you ?



It is later in the day and you have a discussion with a colleague where they point out some mistakes that were made in a report you worked on with others. What is your friend's response to this situation and how do they support you and what do they advise you to do?

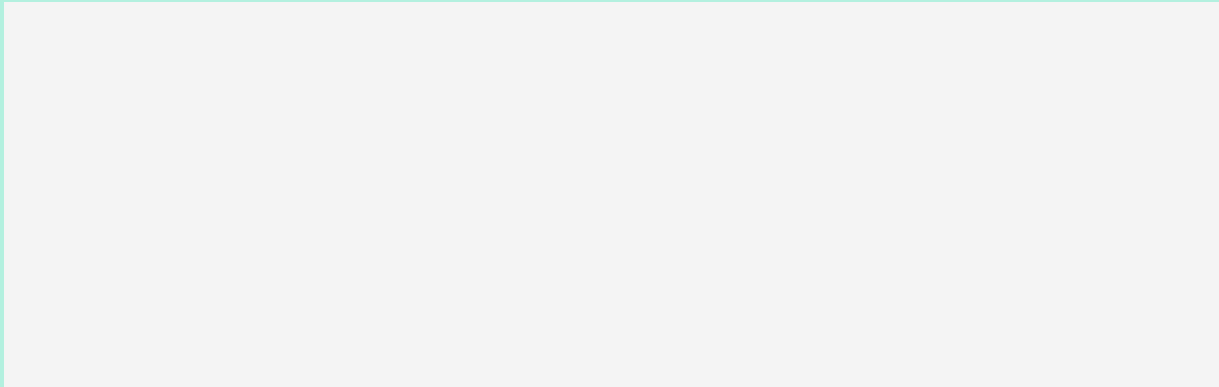


You are finishing work when a friend texts you to remind you that you were going to meet up to exercise together this evening. You feel really tired and don't want to go. What does your inner friend encourage you to do?

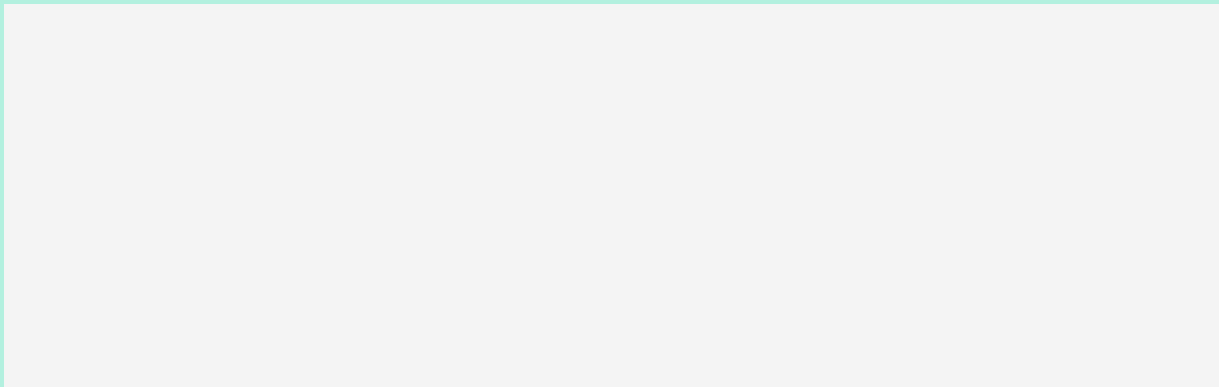




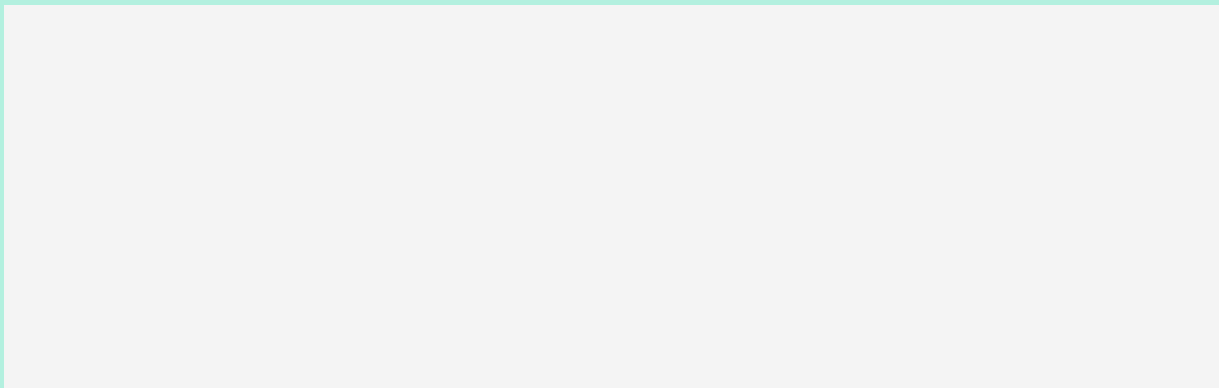
Your day has ended, you go home and have a bath or shower and let your mind wander. What does your inner-friend say to help you relax and prepare to wind down ?



You are getting in to bed and remember you forgot to ring a family member who lives far away and you have not seen for a while. How does your inner- friend advise you to handle this?



You are ready to sleep but your mind is still active. How does your inner-friend support you to relax so you can sleep well tonigh?





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# Develop your capacity for self-kindness vs self-judgement at our Self Compassion Hub

Well done - creating an alternative to self-judgement and criticism through practicing self-kindness is just one step in developing your capacity for self-compassion. If you want to learn more about how you can learn how Self-Compassion can support you to have a life of happiness, authentic relationships, satisfying work and better health and wellbeing - go to the Albany Lane Self-Compassion Hub for details on a 30 minute webinar with Judith Bowtell.

LEARN MORE

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[www.albanylane.com.au](http://www.albanylane.com.au)

