

Close Surveillance:

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In the same way that people who want to lose weight count calories, people can keep a close watch over their negative voices (that whisper in our ear's that we won't succeed... that we're not good enough...) and by keeping watch on them lessen their impact.

1. Which three negative voices (negative thoughts) are most active in your head?

2. What do they whisper to you?

3. When do they "attack"?



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The name of the negative voice:	
What it says:	
When it attacks:	

The name of the negative voice:	
What it says:	
When it attacks:	

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What it says:	
When it attacks:	



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