

Voices: A Few Examples <sup>1</sup>	
Negative Voices	Positive Voices
<b>The Victim Voice</b> says nothing is ever your fault; you are always a victim & you don't need to take responsibility for your life.	<b>The Good Seeker Voice</b> says there is good in everything and will find this goodness, even in difficult situations.
<b>The Failure Voice</b> tells you that you are a failure at everything you try and focuses on the past.	<b>The Abundance Voice</b> tells you that life's riches are plentiful, and believes that there will somehow always be enough.
<b>The Voice of Revenge</b> constantly mutters "just wait", and is biding time until ready to pounce.	<b>The Hope Voice</b> assures you that tomorrow will be bright and has positive expectations about the future.
<b>The Self-Doubt Voice</b> constantly plants seeds of doubt in your mind, destroying confidence and killing your tomorrow.	<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.
<b>The Egregious Injustice Voice</b> is always telling you you've been wronged and dwells on injustice in every aspect of your life.	<b>The Gratitude Voice</b> always looks at the bright side of things, expressing thanks for everything even in difficult situations.
<b>The Famine Voice</b> tells you there will never be enough of anything, causing you to constantly panic over resources.	<b>The Creative Voice</b> is all about imagination and innovation, and always finds new ways to approach life.
<b>The "Ain't it Awful" Voice</b> tell you that your fate is always awful, and makes a catastrophe out of everything.	<b>The Forgiveness Voice</b> encourages you to let go of grudges and anger, and accept others, reminding you that no one is perfect.
<b>The Hide Voice</b> always tells you to lie low and not take action.	<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.
<b>The Pleaser Voice</b> tries to get you to please everyone, and imposes guilt if you don't.	<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.
<b>The Comparison Voice</b> compares everything in your life with what others have, and lets you know how you rank.	<b>The Perspective Voice</b> reminds you of the facts and helps you get a grip on reality.
<b>The Fix-It Voice</b> claims it's your responsibility to fix everything in your life and in others' lives.	<b>The Honor Voice</b> encourages you to admire others and demonstrate your respect.
<b>The Perfectionist Voice</b> wants you and everything you do to be absolutely perfect, and will let you know when you fall short.	<b>The Optimist Voice</b> reminds you that things will turn out well.

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