



Fact sheet: Voice Dialogue

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Whatever is learned can be unlearned



how to talk to yourself

"Talking to yourself is the first sign of madness!" Or so they say. I say we would be crazy if we didn't talk to ourselves. We all do it anyway. Some of us talk to ourselves silently and others mumble out loud while we are doing the gardening. Talking to yourself can have some real benefits. There is a particular way that you can talk to yourself that can help improve your life and help with healing.

We are all made up of multiple parts. We have inner parts (or Selves) like "the Inner Critic", the Hurt Child", "the Fun Child", "the Aware Adult" "the Pusher"; the list goes on. Many of our parts operate at a subconscious level. We may not understand them and sometimes we don't even know they exist.

When our life is going well, our various parts work in harmony. At other times, we can find ourselves doing things that we really don't want to do. These "compulsive behaviours" can get in the road of our health and happiness.

an example

You might be lying awake worrying at 2.00 am when you know that you should be getting a good night's sleep. The part that is in charge of staying awake and worrying can be called the "Worrying Child".

This part keeps preparing us for the worst case scenarios just in case it happens. If the Worrying Child is more powerful than the Aware Adult (AA), you will lay awake worrying night after night.

every part is trying to do the right thing

I learned from Neuro Linguistic Programing many years ago that every one of our sub conscious parts is trying to do the right thing by us. There are no evil parts that have to be removed. We need to make friends with troublesome parts rather than get frustrated and angry with them.

There is a way we can negotiate with these parts that lead to fundamental change.

Voice Dialogue

Hal & Sidra Stone developed Voice Dialogue (VD) as a method of negotiating with a part that is causing us trouble. The technique sets up a conversation between the Aware Adult and some other part or parts. The Aware Adult is the logical, rational, mature part of us that makes rational judgements.

The beauty of VD is that it is a technique that can allow for deep change that ordinary talking won't produce.

the conversation

When I use Voice Dialogue, I always start with treating the troublesome part with respect. If you abuse the part and say "just stop keeping me awake, I need the sleep", the part wont listen, because it knows best.

The dialogue from the AA to the worrying child would start off with "Thank you for trying to look after me, however....." The next steps on the dialogue depend on what is said by the Worrying Part. There is no set formula other than to treat all parts with respect.

the outcome

When the conversation goes well, we work towards the part handing control over to the AA on a trial basis to see how it goes. You can continue Voice Dialogue process long after therapy finishes. It is important to keep the dialogue alive so that the inner self can be shown that the new method works better than the old one.

VD works well in conjunction with tapping and other energy work. It also works well with Cognitive Behavioural therapy.

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