

Worksheet: “Whose Voice Is That, Really?”

GGC - Brave Conversations, Week 2: 1-12-26



Recognizing Internalized Beliefs

Take 10–15 minutes for gentle self-discovery



1. Old Beliefs You’ve Heard Growing Up

(“Don’t upset anyone,” “Keep the peace,” “Don’t take up space”)

✧ Write down 3 common messages or phrases you were told (or sensed) growing up:

- 1.
- 2.
- 3.



2. Beliefs You’ve Carried Into Adulthood

✧ Which of these still influence your behavior or inner voice today?



3. Truth Check

✧ For each belief, ask:

- Is this true?
- Who does this belief really serve?
- Do I want to keep carrying this?



4. Your New Narrative

✧ Rewrite 1–2 of the old beliefs into an empowered version that feels more aligned with who you are becoming. Example:

💡 “I shouldn’t make people uncomfortable” → ✨ “It’s okay if my truth makes others uncomfortable. I’m allowed to speak with kindness and courage.”