

## ALTERNATE VOICES EXERCISE

Fill in as many of the blanks as you can. You don't have to fill all of them, and it's fine if the same names come up in response to different statements. Bother only with the statements you *do not believe*, and remember: no generalizing!

1. I'm a natural-born winner: always was, always will be.

People who have told you that you *are not* a natural-born winner

People who have told you that you *are* a natural-born winner

2. The world is full of people who would love to be my friends.

People who have told you that there *aren't* a lot of people who'd love to be your friends

People who have told you that there *are* a lot of people who would love to be your friends

3. I'll always have plenty of money.

People who have told you that you *won't* always have plenty of money

People who have told you that you *will* always have plenty of money

4. I deserve a life of joy and fulfillment.

People who have told you that you *don't deserve* a joyful life

People who have told you that you *do deserve* a joyful life

5. I'm physically beautiful, and I always will be.

People who have told you that you *are not* physically beautiful

People who have told you that you *are* physically beautiful

6. I can be wildly successful at my chosen career.

People who have told you that you *cannot* be wildly successful

People who have told you that you *can* be wildly successful

7. I have an amazingly capable brain.

People who have told you that you *are not* intellectually capable

People who have told you that you *are* intellectually capable

8. I'm perfectly lovable exactly as I am.

People who have told you that you *are not* perfectly lovable

People who have told you that you *are* perfectly lovable

9. I'm highly creative by nature.

People who have told you that you *are not* highly creative

People who have told you that you *are* highly creative

10. My dreams are in the process of coming true.

People who have told you that your dreams *are not* going to come true

People who have told you that your dreams *are* coming true