



# CHOOSING A NEW ROOMMATE: YOUR INNER VOICE

Author: Kirstin Turner

Imagine this: you've just moved into a beautiful new home, full of potential and opportunities for growth. But there's a catch—you're sharing this space with a roommate you didn't choose. This roommate, let's call them Critic, constantly points out your flaws, doubts your decisions, and never misses a chance to remind you of your past mistakes.

Living with Critic is exhausting. No matter how hard you try to ignore them, their voice seeps into your thoughts, making you question your abilities, your worth, and your dreams. It's clear—something needs to change.

Now, let's imagine you get to choose a new roommate. This one, let's call them Encourager, is supportive, understanding, and always ready with a kind word when you need it most. They see your potential, acknowledge your efforts, and believe in your ability to grow and thrive. Wouldn't it feel amazing to live with someone like that?

The truth is, you have the power to choose which roommate you listen to. Your inner voice is like a roommate in your mind, and you can train it to be more like Encourager and less like Critic and this article outlines how.

*Kirstin Turner*



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"YOU HAVE BEEN CRITICIZING  
YOURSELF FOR YEARS, AND IT HASN'T  
WORKED. TRY APPROVING OF  
YOURSELF AND SEE WHAT HAPPENS."  
LOUIS HAY

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# 6 Steps to a Supportive Inner Voice

## 1. RECOGNIZE THE CRITIC

The first step to changing your inner voice is recognizing when Critic is talking. Critic often disguises itself as “realism” or “constructive criticism,” but its words are harsh, judgmental, and discouraging. Pay attention to the thoughts that make you feel anxious, unworthy, or stuck. When you catch these thoughts, label them as Critic’s voice.

For example, if you hear, “You’ll never be good enough to get that promotion,” recognize this as Critic’s negativity. Awareness is key—once you identify Critic’s voice, you can start to challenge it.

## 2. CHALLENGE THE CRITIC

Now that you’ve recognized Critic, it’s time to challenge its authority. Ask yourself: Is this thought based on facts, or is it just an opinion? What evidence do I have that contradicts this thought?

For instance, if Critic says, “You always mess up,” challenge it by listing times when you’ve succeeded or handled challenges well. By questioning the validity of Critic’s statements, you weaken its hold on you.

## 3. INVITE THE ENCOURAGER IN

Next, it’s time to invite Encourager into your mind. This new roommate speaks with kindness and understanding, helping you reframe negative thoughts into positive ones. Instead of saying, “I’m terrible at this,” Encourager might say, “I’m learning, and it’s okay to make mistakes along the way.”

Start by practicing self-compassion. When you make a mistake, instead of berating yourself, remind yourself that everyone makes mistakes and that each one is an opportunity to learn. You might say, “I’m doing my best, and that’s enough,” or “I’m capable of figuring this out.”



# INNER CIRCLE

## 4. PRACTICE GRATITUDE

Encourager thrives in an environment of gratitude. By regularly focusing on what's going well and what you're thankful for, you create a positive mental space where Encourager's voice can grow louder.

Each day, take a few moments to reflect on what you appreciate about yourself and your life. This could be anything from acknowledging a small achievement to simply being grateful for your resilience. Over time, this practice will help shift your focus from what's wrong to what's right.

## 5. REHEARSE POSITIVE SELF TALK

Changing your inner voice is a lot like building a muscle—it takes time, effort, and repetition. Make a habit of rehearsing positive self-talk. Write down affirmations that resonate with you, and repeat them regularly. Phrases like, “I am enough,” “I am capable,” or “I trust myself to make good decisions,” can become powerful tools in your mental toolbox.

*A story I once heard deeply resonated with me, emphasizing the profound impact our internal and external dialogue can have. A single mother was struggling with her teenage daughter, who had become increasingly withdrawn, often locking herself in her room. They had stopped speaking altogether. The mother, determined to improve their relationship, decided to try something different—she began playing positive affirmation tapes throughout the house as she cleaned each day.*

*After a few weeks, something remarkable happened. Her daughter started coming out of her room more often, and they began talking again. Their relationship gradually improved. The tapes weren't just uplifting the mother—they were also influencing her daughter, helping to change the atmosphere in their home. Fast forward to her daughter's high school graduation. Her daughter was called up on stage as she had been voted valedictorian. As she passed her mom on her way up, she looked at her and, with a smile, repeated one of the affirmations they had listened to countless times: “I am on tap, in tune, in touch, and going for it.” I love this story because it beautifully illustrates the power words can have—not only on ourselves but also on those around us.*



## 6. SURROUND YOURSELF WITH ENCOURAGERS

Lastly, remember that your environment matters. Just like a supportive roommate can make a difference, so can the people you surround yourself with. Seek out relationships with people who uplift and encourage you, and limit your time with those who bring Critic's energy into your life.

## CONGRATULATIONS!

**Congratulations** on taking the first step towards transforming your inner voice!

By recognizing the power of your words and committing to a more positive and encouraging inner dialogue, you're setting yourself up for greater self-compassion, confidence, and overall well-being. A helpful tip on this journey is to give your inner voices names. Labeling your inner critic and your supportive voice can make it easier to notice when each one is speaking, helping you to quickly move past negativity and embrace positivity. Keep nurturing your new, supportive inner roommate, and watch as it empowers not only you but also those around you.

Remember, you're the one who gets to choose your roommate. Why not choose one who believes in you?

*Kirstin Turner*

