

## Harnessing Your Self Chatter/Inner Voice Instructor Shared Resources

### Resources Shared:

1. Podcast: Good Life Project with Ethan Kross | Chatter: Harnessing our Inner Dialogue <https://www.goodlifeproject.com/podcast/>
2. Book: Chatter: The voice in our head and how to harness it by Ethan Kross <https://www.ethankross.com/chatter/>
3. Article: How to Increase Your Positivity Ratio <https://www.verywellmind.com/increase-positivity-ratio-4108168>

### Concepts Shared:

1. Sit quietly. Look around you and notice:
  - a. 5 things you can see: Your hands, the sky, a plant on your colleague's desk
  - b. 4 things you can physically feel: Your feet on the ground, a ball, your friend's hand
  - c. 3 things you can hear: The wind blowing, children's laughter, your breath
  - d. 2 things you can smell: Fresh-cut grass, coffee, soap
  - e. 1 thing you can taste: A mint, gum, the fresh air
2. Record Rationalize Replace
3. 3:1
4. Automatic Negative Thoughts