

# WAYS TO USE VOICE DIALOGUE \*

## 1 Self-awareness

We are profoundly affected by an array of inner voices that carve our attitudes about who we are and who we should be. Voice Dialogue allows us to understand and embrace all aspects of ourselves.

## 2 For Counselors, Therapists, and Health Care Practitioners

Voice Dialogue is a powerful tool to use with clients to bring clarity and insight in clinical work.

## 3 Women's Empowerment

Women can become conscious of selves that limit them, particularly the Inner Critic and the Inner Patriarch, and can move into powerful, self-affirming selves.

## 4 Relationships

Our selves interact not only within us, but also with the selves of others. It is this unconscious dance that fuels the repetitive patterns that can be so painful in relationships.

## 5 Making Time for Yourself

We can discover the selves that push us to work too hard or that feel compelled to take care of others. Then we can develop selves that maintain boundaries and that self-nurture.

## 6 Dreams

We can view each part of a dream as symbolizing a self. This adds richness to dream interpretation.

## 7 Business

We can hold the energy of the selves that advertise, sell, and negotiate, while we also hold the energy of the selves that maintain personal connection.

## 8 Jungian

Through Voice Dialogue we can have direct access to the archetypes...the Shadow...the various sub-personalities...the Self.

## 9 Spirituality

Voice Dialogue accesses the Wisdom voices, as well as the selves that hold our value systems. We can also access the selves that talk in the mind during meditation.

## 10 Family of Origin Issues

Our unique psychic map of primary selves and disowned selves is largely a result of the particular family we grew up in. Voice Dialogue is very useful in updating these selves and developing an aware ego that can operate more from choice and less from conditioning.

## 11 Addictions

There are selves that have become attached to certain substances or compulsive behaviors. There are also selves that can drive us into needing to escape...the Critic, the Pusher, the Responsible voice, and the Perfectionist. Listening to these selves can provide tremendous insight into the source of addiction and a way out of it.

## 12 Psychological Issues

Depression...Which selves carry those heavy, shutdown energies?...Why are they there, and how do they operate? Anxiety...What selves carry deep anxiety and fear? Voice Dialogue can let us talk directly to these selves. When we hear their needs and honor them, shifts can occur.

## 13 Abuse and Trauma

In working with trauma, there are selves that hold painful experiences, emotions, and memories. Voice Dialogue provides a supportive, safe structure for us to explore and heal these issues.

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**VOICE DIALOGUE, CONSCIOUS BODY, TRAUMA WORK**

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\* This page is based on a handout by M. Dorsey Cartwright, M.A.