

Positive vs. Negative Self: A Dialogue

Our minds can sometimes feel like a battleground of different thoughts competing with one another and we never know who is going to win out in the end.

In this exercise, you'll be asked to write a fictional dialogue between your "positive self" and "negative self."

This is a simple framework but it can help to brainstorm and reconcile conflicting ideas and perspectives. It's reminiscent of the classic "Angel" vs. "Devil" arguing on a person's shoulders when making a difficult decision, which we commonly find in classic literature and film.

The goal of this exercise is for your "Negative Self" to come on strong but for your "Positive Self" to ultimately win over the conversation and have the final word.

Start the conversation with any negative thought that comes to your mind and then continue the dialogue from there. Once you're finished writing, there will be a few questions for further reflection.

Now go to the next page to begin!

Write a conversation between your “positive” and “negative” self. You don’t need to fill all the space below, but be sure to end by letting your positive self have the final say:

Negative: _____

Positive: _____

Negative: _____

Positive: _____

Negative: _____

Positive: _____

Negative: _____

Positive: _____

Negative: _____

Positive: _____

Negative: _____

Positive: _____

Negative: _____

Positive: _____

1. What was the strongest point your “positive self” made during the conversation?

2. What was something your “positive self” could’ve responded to better?

3. Do you believe you can keep growing this more positive version of yourself with practice?

- Yes.
- No.
- Maybe.

Congratulations! You've completed the worksheet. Feel free to start a new version whenever you want to brainstorm more dialogue between your “positive” and “negative” self.