



# THE SELF-TALK RESET PROCESS

*Rewire Your Inner Voice to Support You*

## STEP 2

Understand the emotional protection each voice is seeking

## STEP 4

Activate Your Wise Higher Self

1

## STEP 1

Identify the four core inner voices that influence your self-talk

2

3

## STEP 3

Regulate your nervous system so you can think clearly

4

5

## STEP 5

Choose language that supports grounded, confident action

**Kathleen Maxwell**

[www.yoursuccesscoachkathleen.com](http://www.yoursuccesscoachkathleen.com)



## Table of **Contents**

- 1** Welcome to the Self-Talk Reset Process
- 2** Step 1 Identify the Four Core Inner voices
- 5** Step 2 Understand the Emotional Protection
- 7** Step 3 Regulate your nervous system so you can think clearly
- 9** Step 4 Activate Your Wise Higher Self
- 12** Step 5 Choose Language That Supports Grounded, Confident Action
- 14** Your Coach

# Welcome to

## The Self-Talk Reset Process



If you've ever felt like part of you wants to move forward while another part holds you back, you're not broken—and you're not alone.

Inside your mind is a small committee of voices offering commentary, advice, warnings, and opinions about every decision you make. These voices didn't develop to make you happy; they developed to help you survive. Over time, however, what once kept you safe may now be limiting your growth.

The Self-Talk Reset Process is designed to help you slow down that internal noise and bring clarity to the way you think, decide, and act.

Rather than trying to silence your thoughts or force positive thinking, this process teaches you how to listen differently—to recognize which voice is speaking, understand what it is trying to protect, and choose a response that supports who you are becoming.

You'll learn how to:

- Identify the four core inner voices that influence your self-talk
- Understand the emotional protection each voice is seeking
- Regulate your nervous system so you can think clearly
- Activate the Wise Higher Self
- Choose language that supports grounded, confident action

This work is not about changing who you are. It's about creating enough internal safety to lead yourself forward with intention.

Take your time as you move through these steps. Awareness creates space, and space allows for better choices.

You're in the right place to begin.



## Step 1

# Identify the Four Core Inner Voices

### Shift:

**From “This is me” → “These are ideas about my situation or what I have done.”**

Have you ever noticed that when you are struggling with a problem, it's like you are at war with yourself? That is because at any one time, there are at least four different voices offering commentary, suggestions, and direction on any action that you could take. The voices have become part of conscious thought, not to make you happy, but to make sure that you survive.

Begin by recognizing the voices of the committee in your head. They include:

- The Inner Critic
- The Inner Child
- The Ego
- The Wise Higher Self

When you see what they seek is a way to improve your chances of survival. You start to see patterns to the chatter.



## The Inner Critic

The Inner Critic searches for flaws. This voice values history and tribal knowledge. It might ask:

- Has this idea worked in the past?
- Does this person have a good reputation?
- Is the price too high?
- Is there a hidden cost or other deception to worry about?

Your paragraph text

## The Inner Child

The Inner Child searches for approval. It wants to please or gratify those in power. It is very worried about being shunned by the group. It might ask:

- What is wanted in this situation?
- What action makes the leader the happiest?
- If I do this, will I gain favor even if there is personal cost to me?
- Is this action permitted or is it forbidden?



## The Ego

The Ego searches for significance. It is selfish and values solutions based on what will please or gratify the self. It might ask:

- Why should I do this?
- What's in it for me?
- Will this get me to where I want to go?
- Can I have some more?

## The Wise Higher Self

The Wise Higher Self searches for the best way forward. It analyzes and looks for win-win solutions so that everyone can be happy. It tries searches for the most equitable path. It might ask:

- Will this work for you?
- Would you be willing to contribute?
- What do you think is best for the group?
- How can we make this work well for the greatest number of people?

Once you see what each part of you wants, it makes the decision-making process more analytical and less emotional. Awareness creates space.

## Step 2

# Understand the Emotional Protection Each Voice is Seeking

**Shift: From “Worst-case scenario” → “Acceptable amount of risk”**

In addition to searching for solutions, every inner voice is also trying to **protect you from emotional pain**. Each one fears a different kind of danger — and it uses different strategies to keep you safe.

When you understand what each voice is afraid of, you can stop fighting yourself and start **making clear, grounded decisions**.

## The Inner Critic — Protects Through Doubt

### **Fear: Failure**

This voice wants to keep you from making mistakes that could cost you status, safety, or credibility. It uses doubt and caution to slow you down.

It might say:

- What if this goes wrong and you look incompetent?
- Have you really thought this through enough?
- What if this ruins your reputation?
- Shouldn't you wait until you're more prepared?

The Inner Critic is not trying to hurt you — it is trying to keep you from falling and being judged.

## The Inner Child — Protects Through Pleasing

### **Fear: Rejection**

This voice learned early that belonging equals survival. It wants to keep you loved, included, and emotionally safe. It might say:

- What if they don't like me anymore?
- Will this upset someone important?
- Shouldn't I just go along to keep the peace?
- What if I'm too much and get pushed away?

The Inner Child is not weak — it is trying to make sure you are not abandoned.



# The Ego — Protects Through Recognition

## **Fear: Being unworthy or invisible**

This voice wants proof that you matter.

It looks for achievement, approval, and validation to feel secure.

It might say:

- Will this make me look successful?
- Will people notice me if I do this?
- What will I gain from this?
- How do I make sure I'm seen as important here?

The Ego is not selfish — it is trying to confirm that **you have value**.

# The Wise Higher Self — Protects Through Caution

## **Fear: Making the wrong decision or overlooking something important**

This voice sees the big picture.

It wants to avoid harm, unintended consequences, and regret.

It might say:

- Do we have all the information we need?
- Is this truly aligned with what we want?
- What are the long-term consequences?
- Should we pause before deciding?

When overactivated, this voice can create inaction — not because you are stuck, but because it wants

When you see what each part of you is protecting, you stop reacting from fear and start choosing from wisdom. Awareness turns emotional chaos into clear leadership. 💜





## Step 3

# Regulate Your Nervous System So You Can Think Clearly

### Shift: From threat → Safety

Not every thought you have is meant to be taken to the command center and executed. Your inner voices are constantly scanning for danger, approval, and validation — but not every message leads to a wise outcome.

This step is about **pausing long enough to listen**.

Ask yourself:

**Will this thought move me from threat to safety — both now and in the long term?**

When you listen to self-talk, you will notice it always contains two things:

- Information (what the voice thinks is happening)
- Emotion (how the body feels about it)

Together, they create a reaction — often one that feels protective in the moment but creates long-term cost.

By writing down your self-talk, you slow the system enough to see what is really driving you.



## Step 3

# Reconnect by Listening to your Internal Voices

### Self Talk

- It's too hard
- I don't belong
- I don't have the time
- It's too expensive
- I'm not smart
- It won't work for me
- Can't speak up
- Hiding in the back row
- I'm the dumbest one
- No one would like me if they knew
- I look fat.
- If I mess up no one will like me

### Possible Emotions

- Anger
- Sadness
- Fear
- Hurt
- Guilt
- Rage
- Depression
- Terror
- Defeated
- Betrayed
- Shame
- Hopelessness

### Reaction

- Justification
- Complaining
- Inaction
- Mean to myself or others
- Packed schedule
- Belittling myself/others
- Worry
- Stomachache
- Crying
- Embarrassed
- Sweating
- Freezing up

When the body feels safe, the internal voices soften — and better choices become available.

This step turns emotional reactivity into self-leadership. ♥



## Step 4

# Activate Your Wise Higher Self

### **Shift: Identify the Problem→ Take Action**

When you run your life with your Wise Higher Self in the driver's seat, you go beyond the old guidelines and familiar patterns. The problem-solving process adds two additional and powerful steps.

- Identify the problem
- Brainstorming and evaluation
- Decision making
- Take grounded action

In business, good leaders look for all possible answers to a problem. Often, they ask everyone in the department to contribute ideas.

### **Why is brainstorming so powerful?**

#### **More perspectives reduce blind spots**

One mind is limited by its own experiences, biases, and emotional triggers.

1

A group brings multiple lenses — practical, emotional, creative, skeptical, strategic — which catches risks and opportunities a single thinker will miss. Your inner committee works the same way. When only one voice dominates (like the Inner Critic or Ego), decisions get distorted.

## **Ideas get refined instead of defended**

When someone works alone, they tend to protect their idea rather than test it. In a group, ideas get:

- Built on
- Questioned
- Improved

This leads to better solutions, not just stronger opinions.

## **Emotional safety increases creativity**

People think better when they feel safe.

In a group, laughter, encouragement, and shared effort lower the nervous system's threat response — unlocking insight and innovation.

This mirrors Step 3 of the framework: safety creates clarity.

## **Groups separate ego from outcome**

When one person owns the idea, the ego is invested.

In a group, ownership is shared — which makes people more willing to let go of bad ideas and adopt better ones.

This is exactly how the Wise Higher Self operates.

## **Collective intelligence beats individual intelligence**

Research consistently shows that groups outperform even highly intelligent individuals when:

- Members contribute equally
- Psychological safety exists

Because diverse thinking patterns generate smarter outcomes than brilliance alone.

Once you have multiple ideas, it becomes much easier to arrive at a strong, well-rounded solution.

If you don't yet have a large team to work with, you can use AI to help generate possibilities. Then take those ideas to a few trusted human advisors to check for blind spots and refine your thinking

With that information in hand, make the best decision you can based on what is in front of you. You may not have 100% certainty—and waiting for it can mean missing opportunities that go to someone willing to decide sooner.

The final step in this section is taking grounded action. Pay attention to what happens, learn from the results, and adjust as needed.

This builds the voice of true authority and self-trust.



## Step 5

# Choose Language That Supports Grounded, Confident Action

**Shift: From automatic reaction → intentional leadership**

You now understand the power of listening to your self-talk and consciously transforming it to improve the way you think, decide, and act.

You've seen that it's possible to move from an identity shaped by old habits and negative thought patterns to one grounded in clarity—an identity that focuses on identifying problems, exploring and evaluating solutions, choosing the best path forward, and taking grounded action.

For some of you, this may sound like something you've hoped for but weren't sure was possible.

I invite you to experience coaching for yourself in a process I call the Free from Negative Emotion Release Process.

During this process, we gently reduce the impact of the five most common emotions that drive negative self-talk and reactive behavior.

- Anger — often signaling unmet needs or crossed boundaries
- Sadness — which can drain energy and momentum
- Fear — which narrows options and fuels hesitation
- Hurt — which keeps old stories active
- Guilt — which anchors you to the past and limits choice



## **The Self-Talk Reset Process**

### **A 5-Step Process to Rewire Your Inner Voice**

During five one-hour-long private coaching sessions, you will release five negative emotions that quietly sabotage your thinking, decisions, and follow-through. Rather than forcing positive thinking or repeating affirmations, we work at the level that actually creates lasting change: emotional regulation and internal safety.

As your connection to these negative emotions softens, your thinking becomes clearer, your choices more deliberate, and your actions more grounded. This is where real change begins—not by pushing yourself harder, but by creating enough internal safety to lead yourself forward with confidence.

#### **Who This Is For**

This intervention is for you if you:

- Feel stuck between knowing what to do and actually doing it
- Notice recurring patterns of self-doubt, hesitation, or emotional overwhelm
- Want to make decisions from clarity rather than fear or pressure
- Are ready to release outdated emotional patterns that no longer serve you

You don't need to "fix" yourself.

You need space, support, and the right process.

#### **The Investment**

Normally, this private intervention is offered at \$1,000.

For a limited time, you may experience it for \$250

by using the coupon code 5EMOTIONS at checkout.

T

his offer is intentionally priced to allow you to experience the work for yourself—without pressure or long-term commitment.

Go to the Self-Talk Reset page and sign up today.

<https://yoursuccesscoachkathleen.com/SelfTalkReset>



# Meet **Your Coach**



Kathleen coaches clients who see themselves as purpose-driven professionals. Kathleen teaches practical mindset frameworks, habit systems, and story-shifting tools so clients stop second-guessing and start leading. Her work centers on helping people reconnect with their intrinsic worth so they can speak up, take action, and build the futures they want.