

TASK: THE VOICE IN YOUR HEAD

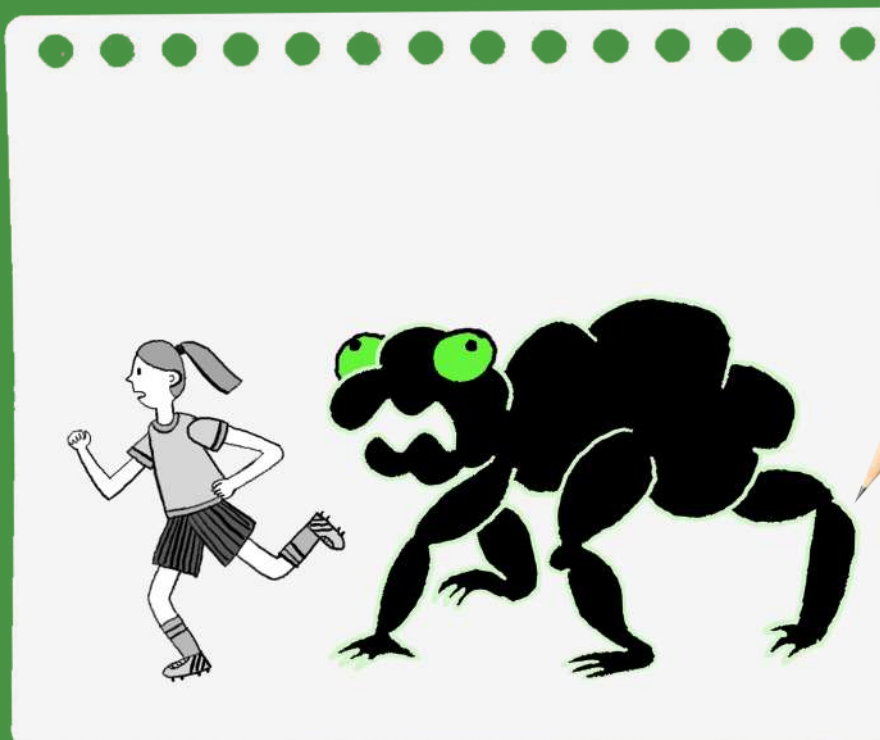
EVERYONE HAS A VOICE IN THEIR HEAD! DON'T THINK FOR A SECOND THAT YOU'RE THE ONLY ONE THAT HEARS VOICES IN THEIR HEAD, EVERYONE HAS THEM!

THE VOICE IS THERE TO HELP US BUT, SOMETIMES, THAT VOICE DOESN'T HELP US AND IT MAKES US DOUBT OURSELVES, LIKE CASI.

SOMETIMES, WE LISTEN TO THE VOICE AND DO WHAT IT ASKS US TO DO, FOR EXAMPLE, NOT GOING TO CERTAIN THINGS, PUTTING DOUBTS IN FRONT OF THINGS THAT MAKE US HAPPY AND MAKING US MISS OUT ON STUFF WITH OUR FRIENDS.

HAVE YOU EVER CONSIDERED WHAT THE VOICE LOOKS LIKE? HAVE YOU EVER GIVEN THE VOICE A NAME AND A PERSONALITY IN ORDER TO MAKE SENSE OF IT? NO? WELL HOW ABOUT WE TRY?

ON A PIECE OF PAPER, DRAW A PICTURE OF THE VOICE IN YOUR HEAD. WHAT SHAPE IS THIS VOICE? DOES HE OR SHE HAVE A NORMAL HEAD AND BODY LIKE US OR ARE THEY A MESSY DOODLE? DOES THIS VOICE HAVE A NAME AND WHAT PHYSICAL FEATURES DOES HE OR SHE HAVE? BE CREATIVE!



IMAGINE THIS PICTURE EVERY TIME DOUBTS CREEP INTO YOUR HEAD AND REMEMBER THAT YOU CONTROL YOUR THOUGHTS AND NOT THE OTHER WAY ROUND.

YOU'RE BRILLIANT!