

# Your Voices

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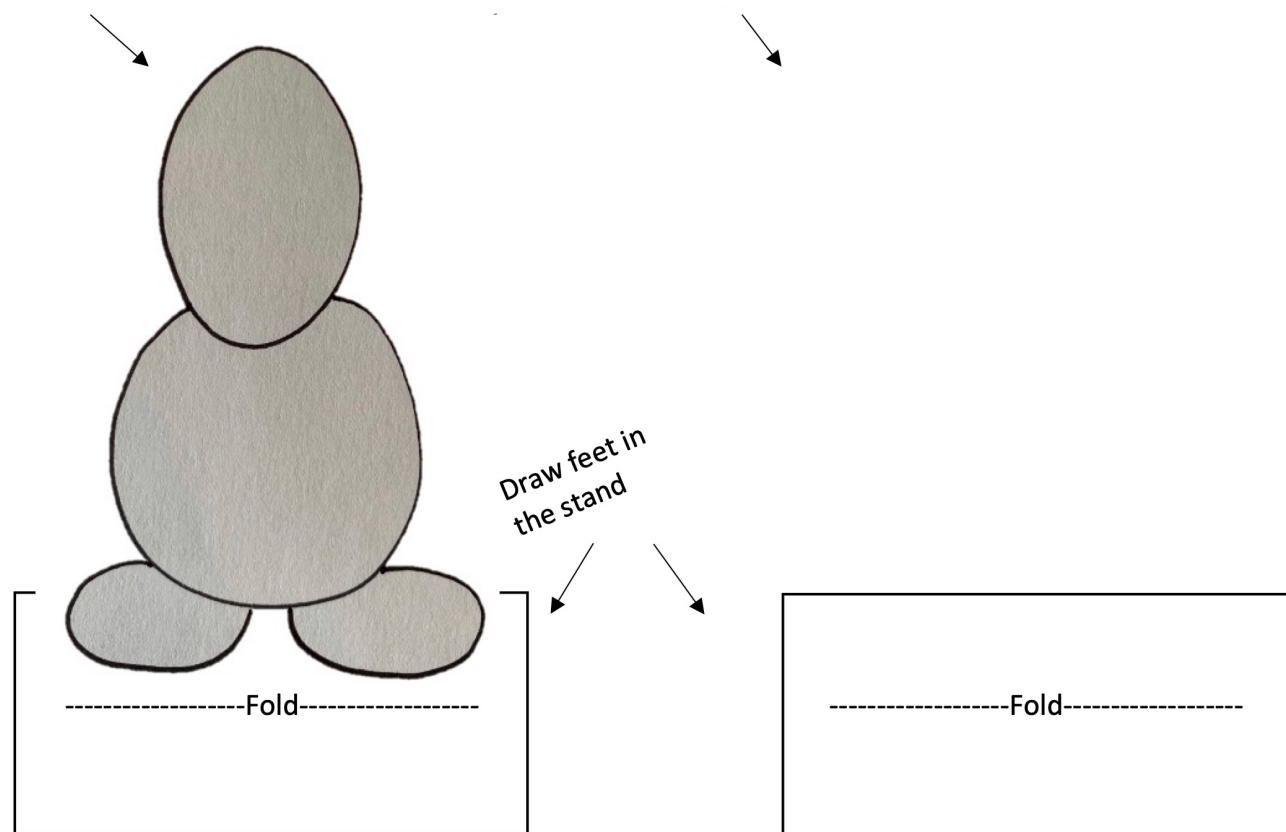
## The Discouraging Voice

The **discouraging** thought I sometimes hear in my head is:

*(Example: "This is scary! Don't try!")*

The character who says this:

*(Add to the template on the left or use the blank space on the right to draw your own)*



The character's name is:

*(Example: Fearball)*

When this inner voice speaks to me, I can say this back:

*(Example: "Even though it's scary, I will try!")*