

JOURNAL

Power

Dear Mental Diet Diary

Catch your Inner Bully in action! At one or two moments each day, pause and take note of your inner dialogue. Do this over a week using this template. Examine your notes at the end of each day and think about how you would have spoken in each situation to someone you care about, or to a child. Record this new language, take note and start to apply it whenever you catch your inner bully in action.

MONDAY

Inner Bully said :

New language (someone I care about or a child) :

TUESDAY

Inner Bully said :

New language (someone I care about or a child) :

WEDNESDAY

Inner Bully said :

New language (someone I care about or a child) :

THURSDAY

Inner Bully said :

New language (someone I care about or a child) :

FRIDAY

Inner Bully said :

New language (someone I care about or a child) :

SATURDAY

Inner Bully said :

New language (someone I care about or a child) :

SUNDAY

Inner Bully said :

New language (someone I care about or a child) :
