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The Voice Inside Me

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The Voice Inside Me

I believe in talking to myself. I always thought I was a little crazy if I talked to myself, calming myself down, reminding myself of plans, and just talking to me, quietly inside my head, about things that mattered. But I have discovered the magic of talking to yourself, the greatness that can come from it, and the purpose it serves in life.

I believe everyone is good inside, and talking to yourself only brings that goodness outside. If my mother or my boyfriend does something stupid and annoying, I talk to myself. I calm myself down and explain to myself why they might have made this decision that seems so wrong and hurtful to me. After this chat, I realize their motives, their feelings, and the good that can come from the situation. Instead of fighting back or saying something hurtful and mean in haste, I can offer them comfort and kindness, so that they might feel better and understand more. In the end we can both be happy.

I believe that if everyone took the time to talk to themselves, the world could be a different place. I heard someone say once, "I talk to myself because sometimes I'm the smartest person in the room." This may be true on occasion, but talking to yourself will help others in the room become as smart and even smarter than you.

I remember the first time I truly talked to myself. It had been a great day, but I had come home to a horrible evening. There was yelling and screaming in my house. Emotions were high, and feelings were hurt. I lay in bed crying, getting on my phone to call someone and vent. I was hurt and I needed comfort. When I was unable to get a hold of someone, I took to comforting myself. I talked to myself and calmed myself, imagining situations in my head which could have caused the night to go so badly, and also situations in which it would get better. I came up with reasons to leave my room and make amends. I told myself what to do.

I believe in talking to myself, now, not because it helps me, but because it helps others. If taking five minutes to think and talk to me instead of react towards others means that the people closest to me can have a better tomorrow, I will always talk to myself first.