

The Internal Dialogue Audit

Discover the Hidden Voice That's Running Your Life

Welcome to Your Internal Dialogue Audit

Right now, as you read this, there's a voice in your head. It's commenting, judging, planning, worrying. This voice has been with you so long, you might not even notice it anymore.

But here's the truth: This internal voice is either your greatest ally or your worst enemy. It's either propelling you toward the life you want or keeping you trapped in patterns that no longer serve you.

As a medical doctor and transformational coach, I've discovered that **every struggle in relationships, health, and wealth traces back to this internal dialogue.**

The 4 Types of Internal Dialogue:

Type 1: The Inner Critic

What it sounds like:

- "You're not good enough"
- "Everyone else is better than you"
- "You always mess things up"
- "Don't even try, you'll just fail"

How it shows up in your life:

- Procrastination and perfectionism
- Difficulty accepting compliments
- Comparing yourself to others constantly
- Playing small to avoid criticism

Type 2: The Anxious Planner

What it sounds like:

- "What if something goes wrong?"
- "You need to control everything"
- "Plan for every possible disaster"
- "It's not safe to relax"

How it shows up in your life:

- Chronic worry and stress
- Difficulty enjoying the present moment
- Overplanning and micromanaging
- Physical tension and sleep problems

Type 3: The People Pleaser

What it sounds like:

- "You must make everyone happy"
- "Your needs don't matter"
- "If you say no, they won't like you"
- "Conflict is dangerous"

How it shows up in your life:

- Saying yes when you mean no
- Resentment and burnout
- Difficulty setting boundaries
- Lost sense of your own identity

Type 4: The Saboteur

What it sounds like:

- "You don't deserve success"
- "Good things don't last"
- "Better quit before you get hurt"
- "You're just fooling yourself"

How it shows up in your life:

- Self-sabotaging behaviors
- Fear of success
- Giving up just before breakthrough
- Attracting drama and chaos

Your Internal Dialogue Audit Questions:

Part 1: Recognition

1. What's the most common negative message you tell yourself?

2. When you make a mistake, what does your internal voice say?

3. What stops you from taking action on your dreams?

4. How do you talk to yourself about your appearance, abilities, or worth?

Part 2: Impact Assessment

5. In relationships, what fear holds you back the most?

- Fear of rejection
- Fear of conflict
- Fear of being vulnerable
- Fear of being controlled
- Fear of being abandoned

6. Regarding your health, what does your internal voice tell you?

- "I don't have time for self-care"
- "I don't deserve to feel good"
- "It's too late to change"
- "I'm not disciplined enough"
- "Taking care of myself is selfish"

7. About money and success, which thoughts dominate?

- "Money is the root of all evil"
- "I'm not smart enough to be wealthy"
- "Rich people are greedy"
- "I don't deserve financial abundance"
- "There's never enough"

Part 3: Pattern Recognition

8. When did these negative thought patterns begin?

- Childhood (family messages)
- School years (peer pressure/criticism)
- Early adulthood (failures/setbacks)
- Recent trauma or loss
- Can't pinpoint when

9. Who's voice does your inner critic sound like?

- A parent or family member
- A teacher or authority figure
- A former partner or friend
- Society/media messages
- Your own voice

10. What would your life look like if that negative voice disappeared?

Your Audit Results:

If You Checked Mostly Type 1 (Inner Critic) Responses:

Your Primary Pattern: Self-Worth Sabotage

Your Biggest Challenge: You're your own worst enemy, constantly undermining your confidence and potential.

Your Transformation Focus: Building unshakeable self-compassion and inner confidence.

If You Checked Mostly Type 2 (Anxious Planner) Responses:

Your Primary Pattern: Control and Worry

Your Biggest Challenge: You're exhausted from trying to control everything and everyone around you.

Your Transformation Focus: Learning to trust life and find peace in uncertainty.

If You Checked Mostly Type 3 (People Pleaser) Responses:

Your Primary Pattern: Boundary Erosion

Your Biggest Challenge: You've lost yourself in trying to make everyone else happy.

Your Transformation Focus: Reclaiming your voice and honoring your own needs.

If You Checked Mostly Type 4 (Saboteur) Responses:

Your Primary Pattern: Success Avoidance

Your Biggest Challenge: You unconsciously sabotage good things because you don't believe you deserve them.

Your Transformation Focus: Rewiring your worthiness programming and embracing your potential.

The Doctor's Insight?

Here's what I've learned from years of medical practice and coaching: **Your internal dialogue isn't fixed.** It's not your destiny. It's simply a pattern you learned—and patterns can be changed.

The patients who transformed their lives weren't the ones with the most resources or advantages. They were the ones who learned to change their internal conversation.

Your Next Step!!?

Awareness is the first step, but transformation requires action. If you're ready to rewrite your internal script and create the relationships, health, and wealth you deserve, I'm here to guide you.

Book your complimentary Pattern Breakthrough Call today. In just 15 minutes, we'll:

- Identify your specific internal dialogue pattern
- Uncover the root cause of your limiting beliefs
- Create a personalized roadmap for transformation
- Determine if my coaching approach is right for you

Remember: The voice in your head got you where you are today. If you want to go somewhere different, you need a different voice.

Your new internal dialogue—and your new life—starts with one conversation.

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