



FLOURISHING FAITHFULLY

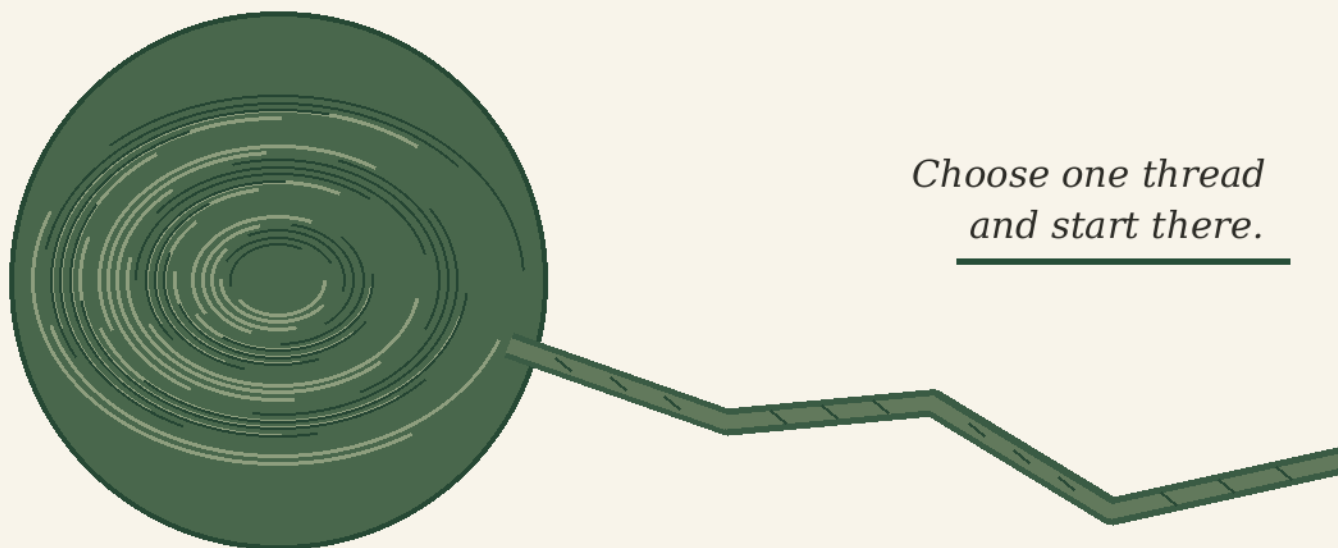
GROUNDING IN TORAH. GUIDED BY THE MOST HIGH.

Which Voice Is This?

A REFLECTION EXERCISE

FOR THOUGHTS, FEELINGS & REACTIONS

*Get curious. Look closer.
Discern with intention.*



*Choose one thread
and start there.*



BEFORE YOU BEGIN

Sometimes the thoughts that deserve a closer look aren't the loudest ones.

Sometimes they're whispers we've heard so often that we stopped questioning them.

Maybe I shouldn't say anything.

What if I get it wrong?

They're probably better at this than I am.

Maybe I should just leave it alone.

A thought can sound convincing without being completely true. And an uncomfortable thought isn't automatically something we should ignore, either. Sometimes fear points toward an assumption. Sometimes discomfort tells us something needs our attention. Sometimes caution protects us. Sometimes the voice that sounds protective is actually keeping us from possibilities we haven't allowed ourselves to explore.

That's where discernment becomes important.

BE GENTLE WITH YOURSELF, BUT BE REAL WITH YOURSELF.

Take your time. You don't have to complete this exercise in one sitting. If a question needs more thought, pause and return when you're ready. The goal isn't to produce the "right" answer. Give yourself enough room to notice what you actually think, even when the answer is uncomfortable, unexpected, or still unclear.

My thoughts don't always arrive one at a time. One thought connects to another, which connects to a memory, a question, another possibility. For a long time, I thought that meant my thinking was all over the place. Eventually, I began to see it differently. I think of it now like a ball of yarn. The thoughts may seem tangled at first, but when I'm willing to slow down and get curious, I can usually begin to find the thread.

You don't have to untangle everything today. Choose one thread and start there.

The goal of this exercise isn't to silence every negative thought or replace it with a positive one. It's an invitation to slow down long enough to get curious about what you're hearing.

Choose one thought that has been recurring, influencing a decision, or simply asking for your attention. Take your time. You can move through the exercise in one sitting, or return when you're ready to look a little closer.



LISTEN CLOSELY

1. What is the thought actually saying?

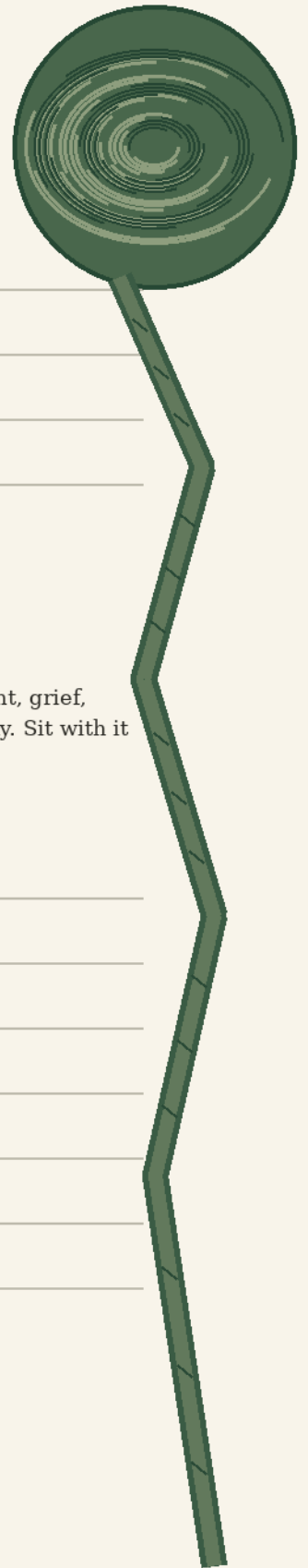
Write it as you hear it. Don't correct it, soften it, or argue with it yet.

The thought:

2. What's underneath it?

Get curious. What might be beneath your first reaction - fear, embarrassment, disappointment, grief, insecurity, caution, a past experience, or something else? You don't have to know immediately. Sit with it for a moment.

What I notice beneath the thought:





LOOK A LITTLE CLOSER

3. What is this thought asking me to do?

Thoughts can influence our choices before we realize they're doing it. Is this thought asking you to speak, stay silent, prepare, avoid something, compare yourself, ask another question, leave, try, protect yourself, or wait?

If I follow this thought, where does it lead me?

4. What does this thought know - and what is it assuming?

You don't have to dismiss a thought simply because it's uncomfortable. There may be something worth noticing.

What do I actually know?

What am I predicting, assuming, or filling in?

Is there anything here that deserves my attention, even if the entire thought isn't true?

CHOOSE WHAT HAPPENS NEXT

5. What do I want to do with what I've noticed?

Maybe you need more information. Maybe there's a legitimate concern worth honoring. Maybe you recognize an old fear, comparison, or assumption. Maybe you're still unsure. And maybe the thought can come with you without making the decision for you.

You might choose to investigate further, take a precaution, ask for another perspective, challenge an assumption, wait, walk away, or move forward even while some discomfort remains.

Based on what I know now, what feels like an appropriate next step?

RETURN TO THE EXERCISE

Discernment develops through practice. This exercise was designed to be used again. Save it, print another copy, or return whenever another thought needs a closer look.

Each time, choose one thread and follow it. Over time, you may begin to notice patterns, recognize assumptions more quickly, or feel less intimidated by looking beneath the surface.

What became clearer when I gave this thought a closer look?

You don't have to untangle everything at once.

Choose one thread and start there.

