

## **Inner Team**

Aligning the voices inside yourself



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*"I stopped fighting my inner demons. We are on the same team now!"*

Tags Culture / World View | Social: Communication Skills;

### Challenge:

Things would often be easier if people were clear about what they wanted. In most cases, though, people tend to have many, and often conflicting inner voices on the same subject. This way they get caught in a spiral of mental gymnastics or take actions neglecting important aspects of the topic and their own authenticity resulting in self-criticism, shame, failure and frustration.

Similarly, other people and their opinions trigger exactly these contradictory voices that we may have marginalised or suppressed into our own unconscious. The fight against them in the outer world will be never ending and never peaceful.

### Solution:

In order to grow authentically and spiritually - especially if you uncover uncomfortable truths about yourself - it is essential to discern the different voices within yourself, to understand their nature and their deeper message. Then we can begin to learn about how to let them work as a team and integrate them into our personality and viewpoints. And if we learn how to integrate conflicting voices inside ourselves then our ability to do this in outer relationships and situations is likely to grow.

Methods to do so are manifold: nvc - inner empathy, process work, theatre, psychodrama, sociodrama ...

### References:

Schulz von Thun (2010c): Miteinander reden 3. Das "Innere Team" und situationsgerechte Kommunikation. Rowohlt