

You vs. You

Challenging the part of you that wants to pull you away from life

Purpose: This worksheet helps you notice the inner conflict between the part of you that wants to withdraw, stay angry, stay anxious, or stay defeated, and the part of you that wants to move toward growth, responsibility, connection, and life. **The goal is not to shame the struggling part of you.** The goal is to stop letting it make every decision.

Core Idea

There is often a version of us that wants relief more than growth. It may want to shut down, avoid, lash out, isolate, numb out, or believe the worst possible interpretation.

There is also a version of us that wants to live. That version wants to act with courage, take the next step, tell the truth, build something, repair something, or return to the person we are trying to become.

Part I: Name the Two Versions

Directions: When you notice yourself sinking into depression, anxiety, anger, resentment, or hopelessness, pause and identify which version of you is trying to take control.

The Version That Pulls Me Down	The Version That Moves Me Toward Life
Looks for proof that nothing will change.	Looks for one action that can change the next hour.
Speaks in all-or-nothing thoughts.	Speaks in specific, honest, usable thoughts.
Wants to avoid, isolate, numb, or lash out.	Wants to move, connect, repair, or take responsibility.
Treats mood as the final truth.	Treats mood as information, not command.

When I am struggling, the version of me that pulls me down usually says:

The version of me that moves toward life would answer with:

Part II: Challenge the Negative Perspective

Use this when your mind presents a dark, defeated, anxious, or angry interpretation as if it is the whole truth. Do not argue with yourself endlessly. Slow down, challenge the thought, and choose the next right action.

1. What is the negative perspective telling me right now?

2. Is this perspective fully true, or is it leaving out important evidence?

3. What would the stronger, wiser, more honest version of me say back?

4. What action would prove that I am not obeying the defeated version of myself?

Part III: Choose the Next Action

Rule: The action does not need to fix your whole life. It only needs to interrupt the downward pattern and move you one step toward life.

Examples of a Next Life-Oriented Action

Take a walk, shower, clean one small area, send one honest text, drink water, eat something nourishing, complete one avoided task, apologize, ask for help, go to bed, write the truth down, or choose not to feed the argument in your head.

The next action I will take is:

The part of me I am choosing not to obey is:

The person I am practicing becoming is:

Daily Practice

At least once per day, ask yourself: Which version of me is making this decision? Then choose one action that belongs to the version of you that is trying to grow.

Today, the version of me that wanted to pull me down showed up as:

Today, I challenged that version by:

Tomorrow, I will move toward life by:

You do not have to feel strong before acting. Sometimes the action is what calls the stronger self forward.