

# *Personal VOICE*

by

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## **Personal Voice of the Essential Self**

- ❖ **The vocal and written expression of our unique, fundamental, indispensable self.**
- ❖ **Personal Voice, spoken or written, which represents our ability to think with feeling, and feel with thinking, without defensiveness.**
- ❖ **This voice reveals our reflective capacity to understand and communicate our own experience as well as receive such communication from the other in an elaborative dialogue of meaning.**

## **Emotional Spoken and Written Language of Personal Voice** is comprised of:

- ❖ **Words arising out of mental imagery**
- ❖ **Multisensory pictures that represent one's experience, using all six senses: sight, hearing, taste, touch, smell, and intuition**
- ❖ **The symbolization of a wide spectrum of affects within a flow of self-states**
- ❖ **Building verbal bridges between categories of experiences**
- ❖ **The ability to differentiate between what is "me" and what is "you" and what is "mine" and what is "yours"**