



Whose Voice Is That?

A 10-minute exercise to uncover the beliefs that might not even belong to you.

For the mum who's ready to stop letting somebody else's words decide what she's capable of.

Mum's Mindset Comeback

By Gemma Crane



What if that voice isn't *actually* yours?

Have you ever caught yourself thinking...

I'm not good enough.
I couldn't do that.
Who am I to think I could run a business?
I'll probably get it wrong.
I'm not the person I used to be.

When you've heard something often enough, especially from someone whose opinion mattered to you, it can become very easy to stop hearing it as their opinion and start accepting it as your truth.

I know, because I've lived it.

For years, narcissistic abuse affected my confidence, my identity, my self-worth and my sense of purpose. I had to start questioning the things I believed about myself and asking a really simple question:

Whose voice is that?

Because not everything you think about yourself started with you.

This isn't about fixing everything today.

For the next 10 minutes, I just want you to notice one thought, get curious about where it came from and decide if you still want to carry it.

Grab a pen. Don't overthink your answers.
Just be honest.

Gemma x



Step 1: Catch it

Before you can change a thought, you have to notice it.

Think about something you'd love to do, change or have in your life.

Maybe you want to start a business. Apply for something. Earn more money. Meet new people. Set a boundary. Try something completely different. Or simply start putting yourself first again.

Now notice what your mind says next.

If I could change one thing in my life right now, I would...

But the thought that immediately gets in my way is...



Don't make it sound nicer.

Write down the actual words that appear in your head.

Examples:

"I'd never be able to do that."

"I'm not clever enough."

"People will judge me."

"I'll make a fool of myself."

"Who do I think I am?"

"I'll fail anyway."

Whatever yours is, write it exactly as you hear it.

Step 2:

Whose voice is that?

Look at the sentence you just wrote.
Read it again.

Now ask yourself:

Where did I learn to speak to myself like this?
You don't need to force an answer. Just
notice what comes up.

Have I heard somebody say something like
this to me before?

Who does this voice remind me of?

When do I remember first feeling this way
about myself?

Is this something I decided about myself, or
something I was taught to believe?



“

**If nobody
had ever
told you this
about yourself,
would you
still believe it?**

”

My immediate answer is...



Step 3:

Look at what this belief has been deciding for you

What has believing this stopped me from doing?

What have I said no to because of it?

What might my life look like a year from now if I keep believing it?

What could change if I stopped letting this belief make my decisions?

A thought can seem small.

But when you've repeated it
for long enough, it can quietly
start making decisions for you.

The opportunity you didn't go for.
The boundary you didn't set.
The idea you talked yourself out of.
The thing you didn't say.

The business you keep thinking
about but haven't started.

The version of yourself you've kept
small because being seen feels
uncomfortable.



You don't have to know exactly what comes next.
You're simply noticing what this belief has been costing you.

Step 4: Is it actually true?

Here's where I want you to separate what you've been told from what you know about yourself.

The old belief:

“_____”

What evidence do I actually have that this is true?

What evidence do I have that it isn't?

When have I already proved this belief wrong, even in a small way?

If my best friend said this about herself, what would I say to her?



Maybe I'm not _____

*I've just spent a long time
believing that I am.*

What feels different when you look at it that way?

Step 5: What do YOU want to believe now?

You don't have to keep repeating something just because you've believed it for years.

You've caught the thought.

You've questioned where it came from.

You've seen what it's been costing you.

Now you get to decide what you want your own voice to sound like.



The belief I've been carrying:

I am / I'm not / I can't...

I'll never be enough.

becomes

What I choose to tell myself instead:

I am...

*I am enough,
exactly as I am.*

Make yours believable to YOU.

It doesn't need to sound impressive.

It needs to be something you can start saying when that old voice turns up again.



I am...

Put it somewhere you'll see it. Your phone. Your mirror.
Your desk. Your journal.

The old voice has had enough airtime.

So... whose voice was it?

If this exercise made you realise that some of the things you've been believing about yourself might not actually belong to you, I want you to remember something.

You don't have to change your whole life today.

You don't have to suddenly become fearless.

And you definitely don't need to have everything figured out.

You can start by noticing.

One thought.

One belief.

One decision at a time.

Because the woman you were before somebody made you question yourself hasn't disappeared.

And your next chapter doesn't have to be decided by your last one.



Ready for your comeback?

Mum's Mindset Comeback is a community for mums healing from narcissistic abuse who are ready to rebuild their confidence, reconnect with themselves and start believing in what's possible for their future.

You'll find honest conversations, practical tools, support from women who understand and guidance from me as you start working out what your comeback looks like.

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You are allowed to want more for yourself.

Gemma x