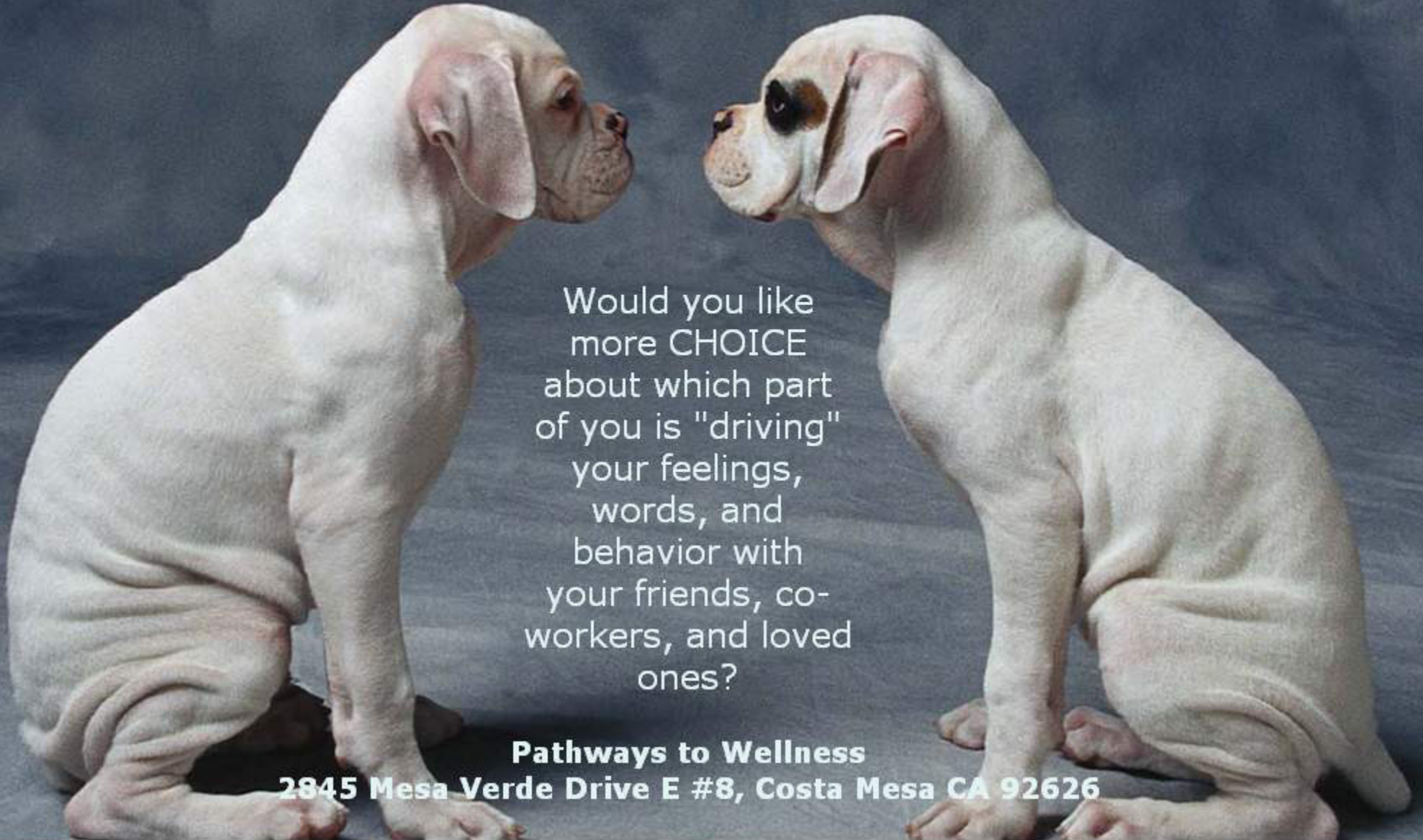


# MEET YOUR SELVES

Voice Dialogue, Aware Ego, & Psychology of Selves



Would you like  
more CHOICE  
about which part  
of you is "driving"  
your feelings,  
words, and  
behavior with  
your friends, co-  
workers, and loved  
ones?

**Pathways to Wellness**

**2845 Mesa Verde Drive E #8, Costa Mesa CA 92626**

# Nancy D. Young, Ph.D.

## Voice Dialogue, Aware Ego, & Psychology of Selves

Voice Dialogue, developed by Drs. Hal and Sidra Stone, is a powerful, yet gentle, way to directly access the subpersonalities or selves that live within us. A good way to think of the psyche is as a stage play, having many different actors, such as the Pleaser, Perfectionist, Inner Critic, Judge, Voice of Responsibility, Carefree Person, Caregiver, Parent, Rebel, Child, etc. Each is necessary and each has a different voice, agenda, opinions and character. The Voice Dialogue process gives us a respectful and fun way to access the different characters, identify them, and begin to have a more active choice as to who speaks when. We, then, become more and more the conscious Directors of our own personal lives.

We will work directly with our personal casts of characters and with how they may operate in our lives and our relationships with others using Voice Dialogue and other processes.

*We hope that you will take advantage of this opportunity to learn about our work from Dr. Nancy Young. Her professional background, combined with her irresistible sense of humor, should make this a delightful training. ~Hal& Sidra Stone, Co-creators of Voice Dialogue & Authors of Embracing Our Selves*

**<http://www.pathways2wellness.com/workshops.html>**

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