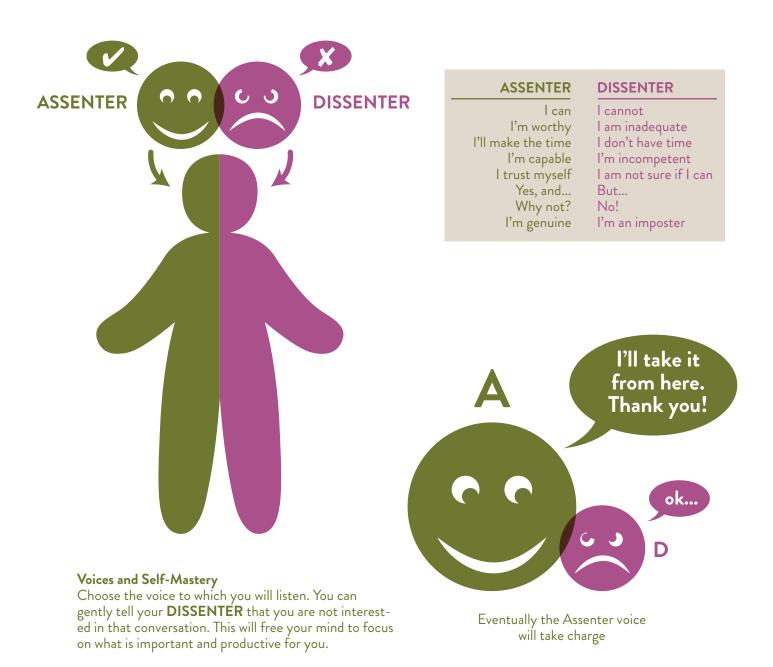# The Two Voices: Assenter and Dissenter

The voice that is supporting you is the **ASSENTER**. This is the sound of your friend and champion. It regards you as highly intelligent and competent. It believes that you can do anything to which you set your mind.

The other prevailing voice is your **DISSENTER**. It's a voice of self-preservation. It wants you to stay in your comfort zone, where it is safe and familiar. Sometimes this voice wants to disagree with what is really important for you. It may tell you that you're not good enough, you don't have enough information or you are not being who you need to be to accomplish what you want.

ASSENTER   **DISSENTER**

ASSENTER	DISSENTER
I can	I cannot
I'm worthy	I am inadequate
I'll make the time	I don't have time
I'm capable	I'm incompetent
I trust myself	I am not sure if I can
Yes, and...	But...
Why not?	No!
I'm genuine	I'm an imposter

A

I'll take it from here. Thank you!

ok...

D

Eventually the Assenter voice will take charge

Voices and Self-Mastery
Choose the voice to which you will listen. You can gently tell your **DISSENTER** that you are not interested in that conversation. This will free your mind to focus on what is important and productive for you.

Part I: The Two Voice Narrative "Look Who's Talking" Exercise

Think about any challenging situation that has your attention right now. Listen carefully and identify how your ASSENTER and DISSENTER voices show up. What phrases do they use? (I can/can't, I'll learn/fail, I want/should, etc.). Write each phrase down in the appropriate column. Continue to practice this exercise with other challenges to become aware of the thoughts that inform your actions.

ASSENTER	DISSENTER

![ASSENTER COACHING logo — INTENTION · INTEGRATION · IMPACT]

Part II: Assenter /Dissenter Character Exercise

Identify the sound of the voice (male/female, your voice/someone else's, harsh/soft, loving/judging, etc.) and jot down those characteristics in the corresponding column. If you are so inclined, give each voice a name that resonates with you. Personifying the character may help to discern how this voice helps or hinders your progress.

DISSENTER VOICE	CHARACTERISTICS	POSSIBLE NAMES

ASSENTER VOICE	CHARACTERISTICS	POSSIBLE NAMES

Part III: Suggested Utilization in Coaching

Instruct your client to bring these findings to a coaching session. Have them share the challenging situation while you listen and identify where you hear the Assenter or Dissenter showing up. Share your observations to bring great awareness to your client and reinforce what he/she discovered on their own. Coach around the limitations of the Dissenter and the empowerment of the Assenter to create bold forward momentum.