



Truth Inventory

A three-step exercise you can use to hear your own voice on an issue.

Voicing our truth is brave and vulnerable. But, to have the important conversations we may find challenging to have, we must be willing to do our own work. On a page, create three columns. In the first column, capture your **observations** about the current reality. What can you 'objectively' describe about the issue? Now review that list. Have opinions, stories and interpretations snuck in there? If so, move these to column 2.

In column 2, for each fact you've put down capture your **thoughts** - the ideas, judgments, interpretations and evaluations you have attached to them. E.g. For the fact: no salary increase in 2 years, you may be thinking, 'I don't know where I stand'. Be honest with yourself. Where has a previous experience coloured your assessment? Where have you leapt to a firm conclusion without having all the facts?

Finally, in column 3, write down as many **feeling** statements as you can in relation to this issue. If you struggle to identify with how you are feeling, using a [feelings wheel](#) can be extremely helpful. You may find yourself in one or several of the six core feelings humans tend to experience: happy, sad, angry, envious, ashamed or fearful. Have a look at those feeling statements again. Have you described judgements of what you are feeling (e.g. I feel like you don't listen to me), or specifically named your feelings (e.g. I feel hurt when you don't ask my opinion)?

This exercise is incredibly useful when we need to have an intentional self-conversation.

Source: [Life Changing Conversations by Sarah Rozenhuter](#)