

SELF-MANAGEMENT

Quiet inside

“My words got stuck.”

In the book: Chapter 7 · Finding His Voice

WHAT IS UNDERNEATH — AN IFS VIEW

A protector that learned speaking up costs something. The silence is a door being held shut from the inside, not an absence of thought.

TRY THIS, RIGHT NOW

Say your sentence to the mirror once.

FOR THE CHILD

Say the sentence once to the mirror. Your voice practising is still your voice.

FOR A PARENT

Never answer for them, and never fill the pause. Count ten seconds silently; most children speak by seven.

FOR AN EDUCATOR

Let them write the answer, or say it to one peer first. Whole-class speaking is the last step, not the first.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.