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Development of Self and Mind in Voice Dialogue

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In the pursuit of knowledge, many of us forget the wise words that we should know ourselves before we attempt to know others. It is essential that we know ourselves before we move on to seek external knowledge. This is a pivotal fact that will reflect on the achievements that we are able to accomplish in life. If we do not understand ourselves then how can we hope to understand anyone else? It is necessary to grow in life that we use certain tools to first gain comprehension of our inner beings before we attempt to move outwards.

How voice dialogue works:

One of the most used techniques to explore the inner workings of the mind is known as voice dialog. This is a simple process where we become intoned with the mind and the way it thinks and processes information. We are able to gain insight into the many selves that dwell within us and to incorporate their thoughts and beliefs better into our self-direction. This tool is very effective in helping us to understand ourselves and motivate ourselves to progress.

It is a powerful tool for personal growth and development and we are able to breathe easier as we are more equipped to control our thoughts and actions. The many self-concepts that we develop through life are available to us and we comprehend the reasoning behind these notions and are able to justify or remove these concepts from our inner selves in order to move forward in life.

Voice dialogue is a tool that can speed up the change process in terms of moving away from ingrained self-concepts that no longer make sense. It is essential that we are able to accomplish this as it benefits us in the end and we are able to move towards the greater goal of self-development and development of inner voice. If we are unable to propagate change in our self-beliefs then we are stunting our growth and development as people and may in fact hinder our progress in other realms such as relationships, work and many other facets.

You should aim to establish a connection with the various parts of your psyche and to identify with these parts. Gaining awareness of these parts will lead to knowledge of how they affect your life. You are then in full control of yourself as you are now in charge rather than having one of your preconceived self-concepts doing the talking for you. This should be the aim of all persons serious about seeking knowledge.

They should first get a firm grasp on knowledge of self and control of their inner voice before seeking other enlightenment. When this is accomplished, we are able to move faster in the learning of external knowledge and its comprehension. This enables us to have a better outlook on life that is controlled. We have to have control of our thought processes before we are able to control the actions that we take in life and the situations that we are confronted with on a daily basis.

Voice dialogue can assist in the accomplishment of a more balanced person that is well grounded and able to take knowledge of all forms. It is essential that voice dialogue be a part or component of your journey to develop self and voice as it opens up your mind to better control of your inner workings and therefore by extension your external actions.

Voice dialogue works by allowing us to vocal our thoughts and listen to what we learn. Some of the latest alternatives in learning is noted in accelerated courses.

About the Author

Floyd Bogart

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In case one is wondering, stammering and stuttering are verbal obstructions ,which have caused some persons to lose self-esteem or to feel perturbed, humiliated and anxious when speaking before a group of people. The two terms are actually used similarly, with the first being more commonly used in the UK and Northern Island, while the other widespread in the US.

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Hal and Sidra Stone

Hal Stone, Ph.D., (born December 14, 1927), and **Sidra Stone**, Ph.D., (born April 15, 1937), are American authors, psychotherapists and the creators of Voice Dialogue.

Hal Stone received a Ph.D. in psychology from UCLA in 1953. He served as a psychologist in the U.S. Navy from 1953 to 1957. He completed training at the C.G. Jung Institute of Los Angeles in 1961. He practiced as an analyst until he left the Jung Institute in 1970 and formally resigned in 1974. In 1973, Stone established the Center for the Healing Arts, a holistic health school in the United States.

Sidra Stone was born Sidra Levi in Brooklyn, New York. She received a B.A. from Barnard in 1957 and a Ph.D. from the University of Maryland in 1962. She worked in community mental health, for the Veterans Administration, and in private practice as a psychotherapist. She was the Executive Director of Hamburger Home, a residential treatment center for adolescent girls, from 1972 to 1979.^[1]

Hal Stone's daughter, J. Tamar Stone, followed in her father's footsteps. She practices Voice Dialogue in Boulder, Colo.

Psychology of Selves

Psychology of Selves is Hal and Sidra Stone's theoretical framework for the Voice Dialogue method. It models how the selves develop and interact with one another in relationships. It also defines their definition of consciousness. According to the Psychology of Selves, consciousness is composed of three dimensions:

- Awareness
- the Experience of the Selves
- Aware Ego - the middle ground that lies between a primary self and its opposite disowned self.

Under the theory, Voice Dialogue is the technique for implementing the theory and "primary selves" are those selves that emerged in our maturation process to protect the inner child from pain and allow us to reach our goals.

Books

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[1] "About Us" (<http://www.delos-inc.com/>), Sidra and Hal Stone's Website, accessed January 5, 2011.

External links

- Sidra and Hal Stone's Website (<http://www.delos-inc.com/>)
 - Sidra and Hal Stone's Autobiographies (<http://www.delos-inc.com/Introduction/introduction.html>)
 - Tamar Stone's Autobiography (<http://www.voicedialogueconnection.com/judith.htm>)
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