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Through Voice Dialogue we can learn how to separate from our primary selves and find out the rules they have for running our lives. We can learn and understand their demands, hopes and anxieties. This means that we

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need no longer be overly  
influenced by their default  
attitudes, values, beliefs and  
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Embracing Ourselves: The Voice Dialogue Manual. by. Hal Stone, Sidra L. Stone. 4.15 · Rating details · 220 ratings · 17 reviews. Drawing on years of clinical experience, the authors take readers on a remarkable journey of self-discovery. The "sub

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personalities" that live with the self are explained, allowing readers to pursue their individual destinies.

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Dialogue Manual by Hal Stone

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Since Voice Dialogue and its accompanying theoretical framework have evolved out of our relationship and out of love and acceptance, it is a work that is basically non-judgmental and non-pathological in its approach to the human psyche. It seeks to

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Embracing All Our Selves | Voice Dialogue

Embracing Ourselves: The Voice Dialogue Manual. Hal Stone, PhD

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If we TRY to love unconditionally  
we are not embracing, honoring,

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and loving certain parts of ourselves. This is a paradox for the spiritually oriented person, who wants deeply and profoundly to change the world, and who feels at some deep level that love is the answer. In trying to love unconditionally, we are actually



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identifying with the heavenly God,  
trying to love humanity from  
above.

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Voice Dialogue | embracing all our  
selves

The Psychology of Selves. by. Hal

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Stone, PhD & Sidra Stone, PhD.

This article is on how to use Voice Dialogue. and is written for mental health professionals only.

In the article "Embracing All Our Selves", we speak of the Psychology of Selves, the theoretical framework for our

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Manual. We discuss the development and the importance of the "selves" which we view as the smallest units or the building blocks of the psyche.

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The Psychology of Selves - Voice

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The following articles about Voice Dialogue have been published in a variety of international journals. Embracing Our Selves A Pusher, Pleaser, Romantic, Perfectionist, Critic....We are all made up of many different parts or "selves".

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Embracing Ourselves: The Voice  
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Drs. Hal and Sidra Stone.

Welcome to the website of the

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founders of Voice Dialogue, Hal Stone, Ph.D. and Sidra Stone, Ph.D. Initially developed in 1972, Voice Dialogue, Relationship & the Psychology of Selves (also known as the Psychology of the Aware Ego) continues to evolve - and to inspire. As a trans-cultural



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- and remarkably inclusive -  
psycho-spiritual approach to  
consciousness, this work has  
been used internationally.

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groundbreaking work describes the Psychology of Selves and the Voice Dialogue method.

Internationally renowned psychologists Hal and Sidra Stone introduce the reader to the Pusher, Critic, Protector/Controller, and all the

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other members of your inner family. They have refined the process to the point where voice dialogue is considered one of the most effective techniques ...

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Embracing Ourselves: The Voice

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Voice Dialogue is about separating from the many selves that make up the human psyche and creating this Aware Ego. We do not discard anything. We embrace the selves that are already ours and we add to them



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those we have disowned. It is as though we were living in ancient Greece and worshipping at the shrines of all the gods and goddesses.

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by Hal Stone, Ph.D. Sidra Stone,

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Ph.D. Manual By Stone Hal

Embracing All Our Selves

Embracing All Our Selves by Hal  
Stone, Ph.D. & Sidra Stone, Ph.D.

This article is the first in a series  
of four written in 1994 for the  
journal, Psychotherapy in  
Australia. There is a mysterious

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realm within each of us that  
alternately beckons and frightens  
the explorer with its depth, its  
complexities and its

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by Hal Stone, Ph.D. Sidra Stone,  
Ph.D.

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Manual By Stone Hall

107871 This is the revolutionary work that you have heard so much about! Written for the psychologically minded lay person, but hailed as a potential clinical text, it provides a clearly written, entertaining, in-depth

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Introduction to your inner family  
of selves.

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This highly acclaimed,  
groundbreaking work describes  
the Psychology of Selves and the

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Voice Dialogue method.

Internationally renowned  
psychologists Hal and Sidra Stone  
introduce the reader to the

Pusher, Critic,

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other members of your inner  
family. They have refined the

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process to the point where voice dialogue is considered one of the most effective techniques in psychology today.

Drawing on years of clinical experience, the authors take readers on a remarkable journey

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of self-discovery. The "sub personalities" that live with the self are explained, allowing readers to pursue their individual destinies. (Holism/Psychology)

Hal and Sidra Stone are the creators of "Voice Dialogue"



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process, a therapy that  
transforms the inner critic from  
crippling adversary to productive  
ally. The inner critic. It whispers,  
whines, and needles us into  
place. It checks our thoughts,  
controls our behavior, and inhibits  
action. It thinks it is protecting us

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from being disliked, hurt, or abandoned. Instead, the critical inner voice causes shame, anxiety, depression, exhaustion, and low-self-esteem. It acts as a powerful saboteur of our intimate relationships and is a major contributor to drug and alcohol

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abuse. Through examples and exercises, the Stones show us how to recognize the critic, how to avoid or minimize "critic attacks," and, most important, how the inner critic can become as intelligent, perceptive, and supportive partner in life.

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Leading the reader to a better understanding of the inner characters that make up one's personality and filled with simple exercises, this book teaches how

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negative judgments can lead to greater self awareness and natural compassion for self and others.

In this brilliantly conceived and executed book, they erase forever the guilt and self criticism

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of non-doing that has plagued western civilization. If you have ever aspired to write a book, or if you are identified with doing rather than being, this book will change your life. Prepare for a great adventure!

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A revolutionary, refreshingly no-fault, no-nonsense approach to relationship! The Stones, who introduced you to your inner family of selves using the Voice Dialogue process, show how understand, learn from, and enjoy the dance of these selves in

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relationship.  
Many of us have worked to free ourselves from the rigid patriarchal values that have dominated our culture for so long. Dr. Sidra Stone helps us to take the next step by making us aware



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of the Inner Patriarch—the voice within each of us that echoes those values. This inner voice is called the Shadow King because he is invisible and works from the shadows to sabotage even the most liberated women. This book shows us how to transform our

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Inner Patriarch from an unseen enemy to a powerful ally so that we can claim our full feminine power.

In this English translation of the French bestseller, readers will learn simple, practical skills to

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step outside of their emotional masks to live a genuine, authentic life. Teaching everyday communication skills to respectfully express true feelings and the power of requesting wants without demands or force, readers learn how to tackle life's

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difficult situations and  
conversations with ease and even  
excitement. Topics include ideas  
and advice on how to identify  
feelings and needs without  
blaming others, honest and  
respectful self-expression, facing  
conflict with ease, and finding

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Manual by staying connected to  
basic needs.

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This book describes  
contemporary woman's search for  
wholeness in a society in which  
she has been defined according  
to masculine values. Drawing

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upon cultural myths and fairy tales, ancient symbols and goddesses, and the dreams of contemporary women, Murdock illustrates the need for—and the reality of—feminine values in Western culture today.

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