

Finding Your Clinical Voice

"Your voice matters—even when it shakes."

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New clinicians often try to sound like their supervisors or textbooks. But your clients don't need a copy—they need **you**. This worksheet helps you explore what makes your clinical presence unique and gives you permission to develop your own style.

Name: _____

Date: _____

1. Your Natural Strengths

Think about moments when you felt most effective with a client—not perfect, just real. What were you doing?

What comes naturally to you in session? (examples: humor, calm presence, directness, warmth, asking good questions)

When do clients seem most at ease with you?

2. What You're Borrowing (And That's OK)

We all learn by imitation first. Identify what you've picked up from others—then decide what to keep.

Whose clinical style do you admire? What specifically do you like about it?

What have you tried that doesn't feel like 'you'?

3. Your Values in the Room

Your clinical voice is shaped by what you believe about people, change, and healing.

What do you believe about why people change?

What do you want clients to feel after being in a session with you?

Complete this sentence: 'The kind of clinician I want to be is one who...'

4. Permission Slip

Sometimes we need to give ourselves permission to show up as ourselves.

I give myself permission to:

- Not have all the answers
- Sound different from my supervisor
- Use my own words, not textbook language
- Pause when I need to think
- Let my personality show
- Be a work in progress

Other: _____

"You don't have to sound like your supervisor. Your style will develop."