**Inner monologue is a common occurrence, but some people have never experienced it. For those who are familiar with the experience, there’s a big variation in the frequency with which it occurs. Psychology professor Russell Hurlburt reports that**[**30 to 50% of people have an inner voice**](https://www.psychologytoday.com/us/blog/pristine-inner-experience/201110/not-everyone-conducts-inner-speech)**.**

**An inner monologue offers many benefits such as enhanced problem-solving, productivity, self-reflection, and critical thinking skills. It can make you more resilient against setbacks and lower your stress levels. On the other hand, critical inner voices can affect confidence and self-esteem negatively.**

The dorsal and ventral streams are language tracts in the brain. They’re also involved in auditory and visual processing. In childhood, the dorsal stream develops slower than the ventral stream. The emergence of inner speech is influenced by dorsal stream development.

It’s unclear why some people don’t have an internal monologue, but researchers speculate it has to do with the way the dorsal stream matures, among other things.

Not “hearing” your inner voice doesn’t necessarily mean you don’t have an internal monologue, though, because some people access it visually instead of auditorily. For example, you might “see” do-to lists in your head but not be able to “hear” yourself think.

People with a [hearing impairment](https://www.healthline.com/health/what-language-do-deaf-people-think-in#thinking-and-language) may experience their inner monologue through signs or images.

Those that do not have an internal monologue may instead visualize their thoughts. This is called "sensory awareness."

If you find it difficult to picture voluntary images in your head at all, you may have what’s known as [a](https://www.healthline.com/health/aphantasia-cure%22%20%5Cl%20%22What-is-aphantasia?" \t "_blank)[phantasia](https://www.healthline.com/health/aphantasia-cure).

A [2021 studyTrusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8551557/) indicates that people with aphantasia may also experience anauralia, a term that’s now being used to describe the absence of auditory imagery — or the inner voice.

Based on survey responses from self-reported aphantasics, a lack of internal monologue may co-occur with aphantasia. The researchers highlight the need for larger studies to untangle the overlap between the two.

**Around 20-25% of an individual’s time is spent in “inner monologue.”**

**80% of our self-talk is negative or unproductive.**

**58% of people experience inner speech as an internal conversation (dialogue).**

**100% of adults sampled in a study reported experiencing inner speech during problem-solving.**

**18% of a teenager’s self-talk is related to self-criticism.**

**About 10% of children’s private speech is used to regulate their emotions.**

**More than 85% of college students reported experiencing inner speech while studying.**

**Perhaps only one-quarter of the adult population experiences mental images without an inner voice.**

**Approximately 60% reported experiencing condensed inner speech.**

**40–50% of children with ADHD have a decrease in private speech compared to typically developing peers.**

Inner monologue is an important part of our everyday lives, and the statistics presented in this blog post demonstrate just how prevalent it is. From introverts to extroverts, from children to adults, inner speech plays a role in all aspects of life. It can be used for memory purposes or as a way to regulate emotions; however, it can also become intrusive and negative if not managed properly. With these insights into inner monologues we are better equipped with knowledge on how best to manage them so that they remain productive rather than detrimental.

Their brain structures are different in that they struggle to organize their thoughts, a function that is aided by self-talk. For ADHD patients, they do not process thoughts in the form of an inner conversation, but they process information as they say it and thus it is difficult for them to keep focused on one point.

 When listening to music or talking out loud the inner voice shuts down. The real question is: how many people never talk to themselves silently.

Being able to maintain internal silence in external silence is what lets people of wisdom hear the spirit world and know it isn't themselves talking to themselves. And that is a first step to hearing The Great Spirit.

The 5 main ways of thinking:

* Inner speaking/ inner monologue - Ex. talking to yourself, hearing your voice or someone else or audibly recalling a phone number.
* Inner seeing/ visual imagery - Thoughts with a visual symbol. Ex. picturing a memory or a place you wish you lived.
* Feelings - A conscious experience of emotional process. Ex. feeling sad after the death of a loved one.
* Unsymbolized thinking - No word or image associated with thoughts. Ex. pouring your morning coffee without telling yourself to.
* Sensory awareness- Paying attention to a sensory aspect of the environment for an unimportant reason. Ex. hearing someone talk but seeing the light reflecting off their glasses.