

How to Write an Inner Monologue (Class 13 – Abitur Level)

What is an Inner Monologue?

An **inner monologue** is a piece of writing that presents a character's **private thoughts, feelings, fears, and reflections**.

The reader gets direct access to the character's mind.

Unlike a normal narrative, an inner monologue:

- focuses on **thoughts rather than actions**
- shows emotions and conflicts
- reveals personal doubts, memories, and decisions
- is usually written in the **first person ("I")**

Structure of an Inner Monologue

1. Opening: Immediate Situation

Start at the exact moment of an important event.

Include:

- What happened?
- Where is the character?
- What emotions are they experiencing?

Example:

I cannot believe this is happening. After all these years, I am finally standing in front of the house I promised myself I would never return to.

2. Development: Thoughts and Emotions

Explore the character's inner world.

Include:

Feelings

- fear
- anger
- guilt
- confusion
- hope
- regret

Example:

Why did I keep this secret for so long? Maybe I was afraid of what people would think of me. Maybe I was afraid of facing the truth myself.

Memories and Reflections

Characters often think about the past.

Useful phrases:

- I still remember...
- I cannot forget the moment when...
- Back then, I thought...
- If only I had...

Example:

I still remember the day everything changed. I was too young to understand what was happening, but now I finally see the truth.

3. Inner Conflict / Decision

The character should struggle with a choice or problem.

Use:

- Should I...?
- What if...?

- Maybe I should...
- But then again...

Example:

Should I tell her the truth? After everything that happened, does she deserve to know? But how can I continue living with this lie?

4. Ending: Realisation or Decision

End with:

- a new understanding
- a decision
- hope or uncertainty

Example:

Tomorrow, I will finally tell her the truth. I cannot change the past, but I can decide what happens next.

Language Features of an Inner Monologue

1. First Person Perspective

Use:

 I, me, my, we

Example:

I feel like everyone is watching me.

2. Rhetorical Questions

Show doubts and emotions.

Examples:

How could I have been so blind?

What would happen if they discovered the truth?

3. Short Sentences

Create emotional impact.

Example:

I failed.

I lost everything.

But why?

4. Repetition

Shows strong emotions.

Example:

I tried to forget. I tried to move on. I tried to convince myself that it did not matter.

5. Informal Thought Language

Unlike formal essays, inner monologues can be personal.

You can use:

- unfinished sentences
- questions
- emotional expressions

Example:

Maybe I was wrong. Maybe I should have listened.

Useful Expressions

Showing emotions:

- I cannot believe...
- I feel as if...
- A wave of fear/anger/sadness came over me.
- My heart was beating faster.

Showing doubt:

- What if...?
- Maybe...
- I wonder whether...
- I am not sure if...

Showing regret:

- I should have...
- If only I had...
- I wish I could...

Showing decisions:

- I know what I have to do.
- There is no turning back now.
- It is time to face the truth.

Inner Monologue Checklist

- ✓ Written in first person
- ✓ Focuses on thoughts and emotions
- ✓ Includes inner conflict
- ✓ Shows character development
- ✓ Uses rhetorical questions

- ✓ Includes memories/reflections
- ✓ Sounds personal and realistic
- ✓ Does not read like an essay