



Dealing with Your Inner Critic

Here are a number of ways you might want to think about your inner critic...feel free to pick whatever resonates...or try them all!

Reality Check

*Questions to journal around might include...do other people always get it right?
(Examples of when they haven't but everything still works out could be useful),
What happens if I don't give it a go? (Messy action is great - try and adopt a playful
attitude if you can)
Is it possible to know EVERYTHING?
Why is it different for me?*

Observe

Give your inner critic a silly name, a sing song voice, a daft personality - the choices are endless! This helps you distance yourself from your inner critic - you can observe it "oh she's off again, trying to protect me" but you are not your thoughts...you can accept them and let them go.

Reflect

*What is the evidence to the contrary? Times it HAS gone well? Qualifications?
People who come to me for help / advice / knowledge? What has helped when
I encountered my inner critic before?*