



Getting to Know Your Inner Critic

This might seem like the last thing you want to do! Perhaps you feel like you know him/her all too well already!! But remember, your inner critic is trying to keep you safe...so it is helpful to know what it is saying, where it is coming from & then we can dial down the volume.



Can you notice any patterns? Maybe you were peacemaker at home...or you had a critical parent or teacher?



What does your inner critic say to you (you might wish to visit the limiting beliefs exercise here) and when does it typically show up?



How does this typically show up? Shame, black & white thinking, concentrating on the problems, lack (i.e. not good enough), guilt.....



How does it show up? Avoidance, procrastination, can't ask for help, obsessive, constantly checking, needing lots of reassurance, downplaying achievements...



What has it stopped you from doing and how would you like this to change?

Knowing your inner critic allows you to recognise when it is showing up and know that it is your thoughts and separate from you.