



Reframing Your Inner Critic

Let me introduce you to a couple of techniques...

Finish with an 'AND'

This simple technique is SO powerful – and fits in so well with self compassion, which you have already covered (go back to refresh if needed)

An example of this is "I did a silly thing AND I can learn from it"

Rate the behaviour NOT the person you are

Instead of I am (which is the home of shame) e.g. I am silly / fat / stupid...change it to I DID a silly thing, I MADE a mistake

Reframe Your Inner Critic

Again this is very compassionate (remember self compassion is associated with less stress and better results)...what would you say to a friend?

This is too hard.... → I am just learning....

It needs to be perfect → Good can be good enough

I made a mistake.... → Mistakes are part of learning...