

# Inner Critic Worksheet

Name:

Date:

## 1. Identify Your Inner Critic

Describe the voice of your inner critic. Is it harsh, judgmental, or perfectionistic? Recognizing its tone helps you distinguish it from your authentic self.

## 2. Track Negative Self-Talk Patterns

List situations triggering self-critical thoughts. Identify recurring patterns to understand when and why your inner critic tends to emerge.

## 3. Challenge Negative Thoughts

Question the validity of your self-critical thoughts. Are they based on facts or assumptions? Challenge them with evidence supporting a more balanced perspective.

## 4. Replace with Positive Affirmations

Develop positive affirmations to counteract self-criticism. Focus on your strengths and achievements, fostering a compassionate and encouraging inner dialogue.

## 5. Cultivate Self-Compassion

Practice self-compassion by treating yourself as you would a friend facing challenges. Embrace imperfections and mistakes as part of the learning and growth process.

## **6. Set Realistic Expectations**

**Establish achievable goals and realistic expectations for yourself. Break larger tasks into smaller, manageable steps to reduce the likelihood of self-criticism.**

## **7. Reflect on Positive Feedback**

**Compile positive feedback and compliments you've received. Use them as reminders of your capabilities and the positive impact you have on others.**

## **8. Seek Support**

**Share your experiences with a trusted colleague, mentor, or friend. Discussing self-critical thoughts can provide valuable insights and emotional support.**

## **9. Establish Daily Affirmation Rituals**

**Incorporate positive affirmations into your daily routine. Start or end your day with affirmations to reinforce a positive mindset.**

## **10. Monitor Progress**

**Regularly review and reflect on your progress. Celebrate achievements and setbacks as learning opportunities, reinforcing your commitment to personal growth.**