

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.