

# Inner Critic Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Knowing your inner critic

When did you last hear your inner critic? What specific words or phrases does it use?

How does your body feel when the critic appears?

## Looking at the critic's message

What core belief is behind this criticism?

Is this criticism fact or opinion? What evidence supports or contradicts it?

Who might have originally spoken to you this way?

### **Challenging your inner critic**

If a friend shared this same thought, what would you say to them?

What's a more balanced perspective on this situation?