Critic or coach?

Compare what your inner critic says with what a good coach would say.

Name _____ Date _____

Many people fear that without self-criticism they would become lazy or selfish. Think about who gets the best out of a child learning something hard: the teacher who shouts and shames, or the one who believes in them and shows them how?

The critic

- Attacks who I am
- Looks backwards at the mistake
- Harsh, contemptuous tone
- Says "you always" and "you never"
- Leaves me anxious, ashamed and stuck

The coach

- Looks at what I did
- Looks forwards to what would help
- Warm, firm tone
- Says "this time" and "next time"
- Leaves me able to try again

What my critic says	What a good coach would say
"You idiot. You have ruined it, as usual."	*"That did not go the way you wanted. It is one mistake. What would help put it right?"*

What does my coach sound like? Whose voice could I borrow?

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